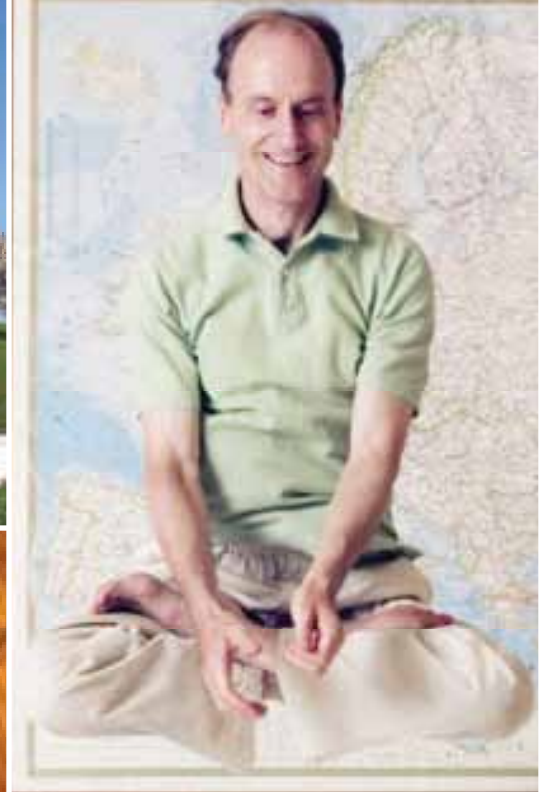
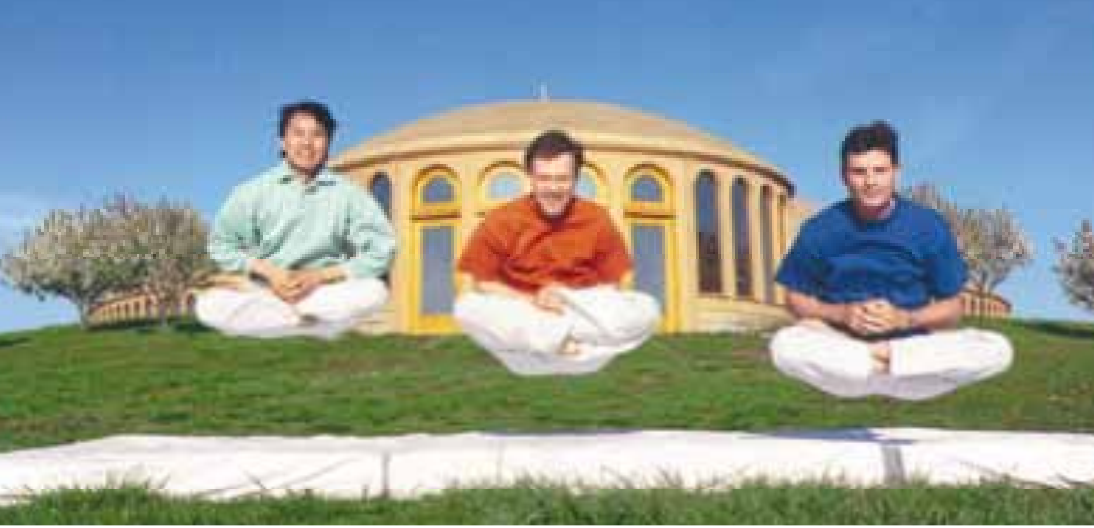
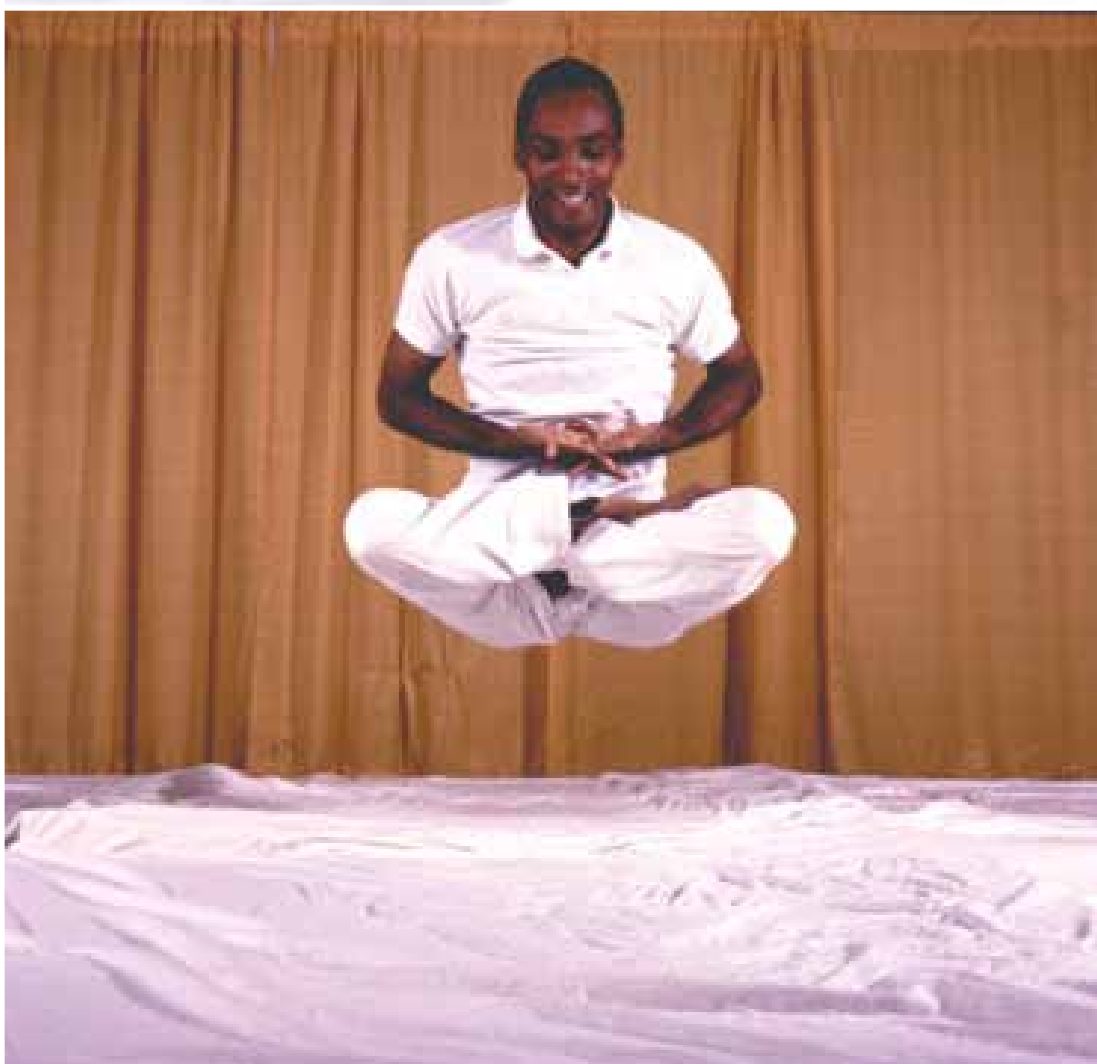
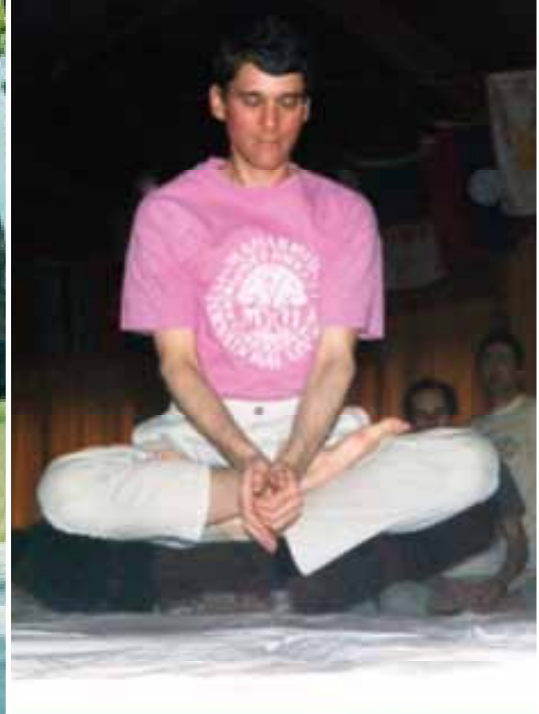


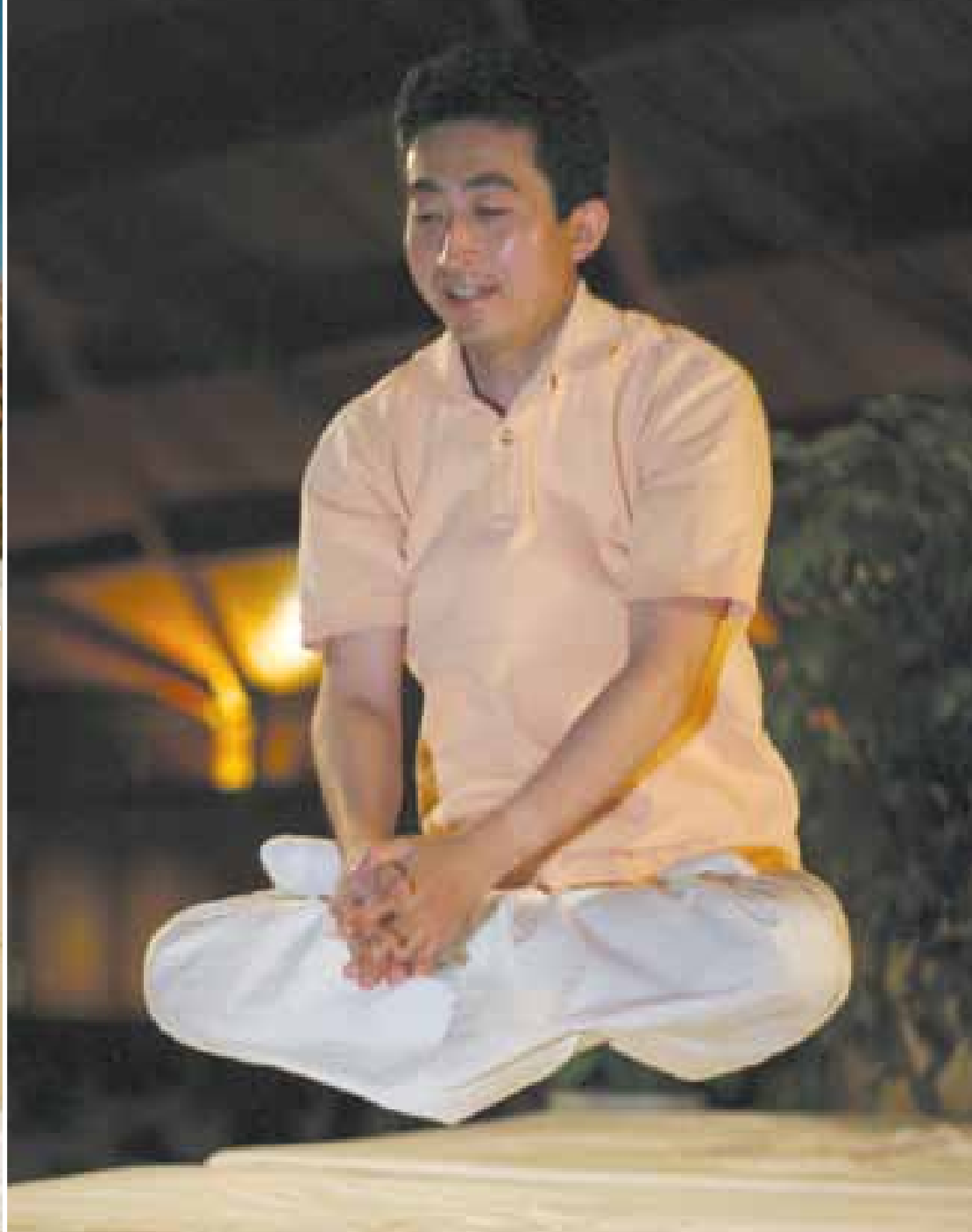
THE COMPLETE BOOK OF

YOGIC FLYING











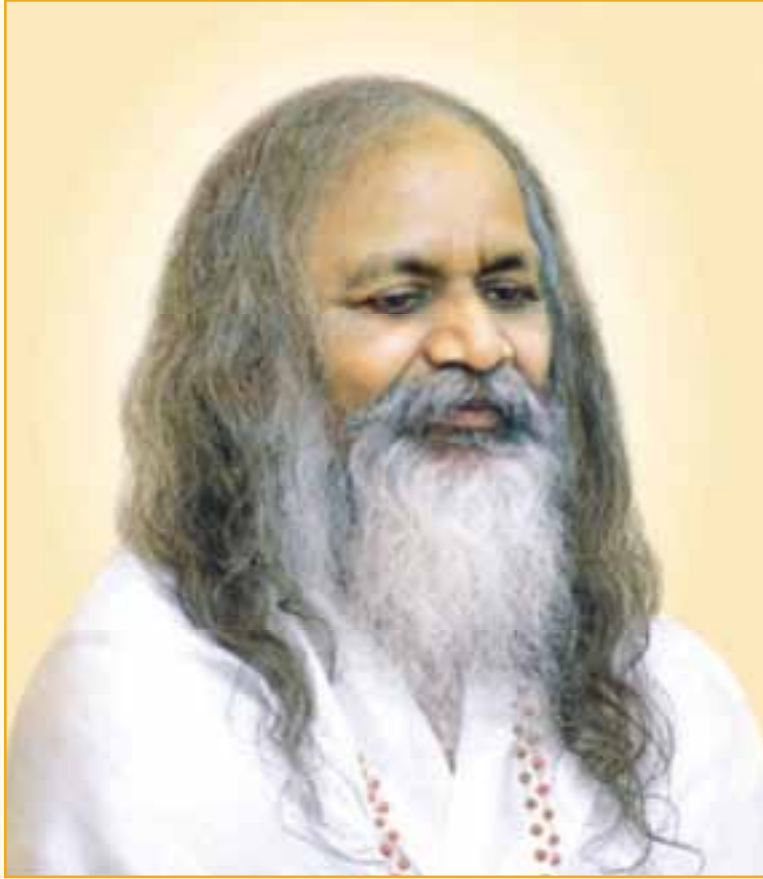












His Holiness Maharishi Mahesh Yogi

who introduced the Transcendental Meditation program more than 50 years ago and the TM-Sidhi program, including Yogic Flying, more than 25 years ago, opening the gate of enlightenment to everyone on earth and making available a practical technology for creating world peace.

The world's foremost scientist of consciousness and scholar of the Vedic tradition, Maharishi is honored throughout the world for reformulating the ancient Vedic wisdom in its full theoretical and practical values, bringing the benefits of this complete knowledge of human consciousness to millions of people throughout the world.

MAHARISHI ON YOGIC FLYING

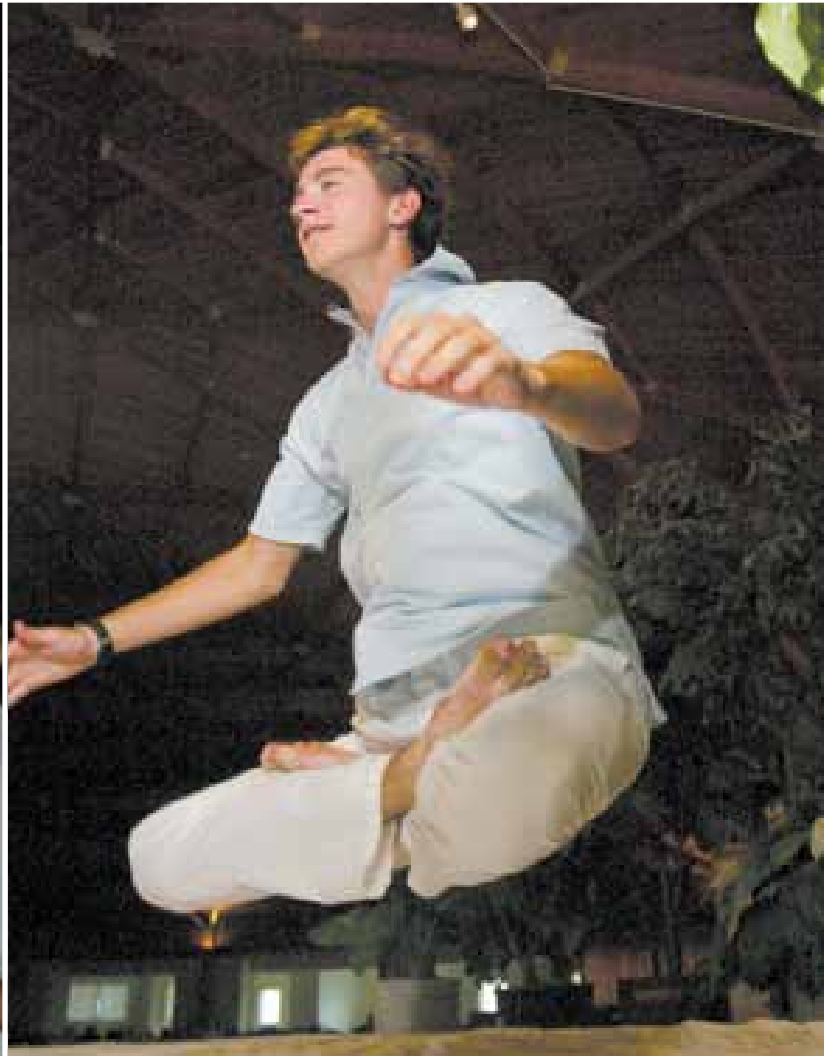
“The mechanics to make world peace a reality”

It needed a scientific age for the world to appreciate the significance of the philosophy of Yoga and its practical application in creating integrated individuals, integrated nations, and an integrated world family.

“Yoga means union, the union of the individual awareness with the unified field of all the laws of nature in the state of transcendental consciousness. Yogic Flying demonstrates the ability of the individual to enliven the total potential of natural law in all its expressions — mind, body, behavior, and environment. ‘Yogic Flying’ presents in miniature the flight of galaxies in space, all unified in perfect order by Natural Law.

“The mind-body coordination displayed by Yogic Flying shows that consciousness and its expression — the physiology — are in perfect balance. Scientific research has found that maximum coherence in human brain functioning gives rise to Yogic Flying. As the coherently functioning human brain is the unit of world peace, Yogic Flying is the mechanics to make world peace a reality, and thereby bring world health, world happiness, world prosperity, a world free from suffering — Heaven on Earth in this generation.”¹

— Maharishi



THE COMPLETE BOOK OF

YOGIC FLYING

**The Program of
His Holiness Maharishi Mahesh Yogi to**

Enjoy Bubbling Bliss



Develop Total Brain Functioning and
Higher States of Consciousness



Create National Invincibility
and World Peace

CRAIG PEARSON, PH.D.

Introduction by Dr. John Hagelin

Foreword by Dr. David Lynch

Preface by Dr. Douglas Bix

Afterword by Dr. Bevan Morris

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INTRODUCTION

by Dr. John Hagelin

Minister of Science and Technology of the Global Country of World Peace

Raja of Invincible America

Director of the Institute of Science, Technology and Public Policy and
Professor of Physics, Maharishi University of Management

International Director, Global Union of Scientists for Peace

OUR CURRENT SCIENTIFIC CONCEPTION OF MAN is not an exalted one. Purposeless. Alone. A fluke of the universe. Descended from slime. Adrift on an insignificant sliver in a cold and hostile cosmos. Even religiously, we are schooled in human fallibility, taught to expect failure, that “to err is human,” that we are destined to suffer.

This old, constricted paradigm is about to be shattered. Taking its place is a wholly new vision of life: human beings contain and can command the totality of Natural Law. Human potential is infinite. The natural state of human life is perfection. Life is bliss.

At the forefront of this modern revolution is a powerful set of technologies brought to light by His Holiness Maharishi Mahesh Yogi from the oldest tradition of knowledge on earth: the Transcendental Meditation® and TM-Sidhi® programs, including Yogic Flying.

Yogic Flying has been making media headlines since its first public demonstrations in the 1980s. Newspapers and magazines, radio and television have shown people practicing Yogic Flying — sitting on foam cushions with legs crossed and eyes closed and then hopping into the air and sailing forward in a series of hops.

If the phenomenon seems improbable, scientific research has given it empirical force, confirming that a paradigm transformation is indeed at hand. For example, Yogic Flying significantly improves brain functioning, simultaneously accelerating growth of intelligence, creativity, psychological matu-

rity — dimensions of human development previously believed not to change after adolescence. In the face of this research, our old, limited understanding of human potential crumbles.

Other studies have shown that when people practice Yogic Flying in groups, they produce far-reaching benefits for society — reducing crime and social stress, accidents, sickness, even terrorism and open warfare, and increasing harmony, economic prosperity, and overall quality of life. With these discoveries, new possibilities for society are dawning.

In this book, Dr. Craig Pearson presents a comprehensive and moving account of Yogic Flying, from the personal experiences of those who practice it to the scientific research that has verified its many benefits. He explains our current scientific understanding of flying and its possible scientific mechanisms. And he documents how groups of Yogic Flyers have helped shape the closing decades of the millennium.

The physics of flying

Apart from its extraordinary physiological, psychological, and sociological benefits, Yogic Flying is said to develop into the ability to levitate and ultimately fly through the air. Interestingly, all the world's cultural traditions contain records of accounts of humans levitating and flying. Dr. Pearson has included some fascinating examples of these accounts at the end of this book.

It would be highly unscientific to dismiss this accumulated body of human experience out-of-hand: science is supposed to be based on facts. A fact is defined as an observation that has been confirmed by many.

Even when those facts do not conform to prevailing scientific theory, it is the responsibility of science to re-examine and reformulate these theories to fit the facts. In the case of flying, the historical accounts do not actually violate current scientific theory, since there is, as yet, no scientific theory of gravity. Newton's gravitational laws were overthrown at the beginning of this century by special relativity (with which Newton's laws are incompatible), and Einstein's subsequent gravitational theory based on general relativity was overthrown by quantum mechanics (with which general relativity is incompatible).

In the absence of a viable scientific theory of gravity, scientists have no theoretical basis for rejecting the extensive and sometimes surprisingly well-documented accounts of levitation. Their often reflexive dismissal of such accounts is a form of intellectual laziness. Scientists are typically involved in their small, isolated areas of research. Many scientists quietly dread scientific revelations and breakthroughs that might upset their intellectual apple carts.

Many scientists instinctively avoid thinking about subjects that remind them of what we do not understand about the universe. It has been 50 years since the advent of quantum mechanics, yet scientists still do not understand even the most basic implications of quantum theory concerning the nature of

physical reality: What *is* an elementary particle? What is the collapse of the wave function? When, why, and how does it occur? Investigation into these questions raises unsettling questions about the nature of the universe, such as, “Does a universe exist independent of the observer?” Students are actually dissuaded from thinking about such things.

Similarly, the phenomenon of levitation raises fundamental questions about the nature of human existence and our role in the universe. Such questions threaten to shake the very foundations of our materialistic paradigm. Such foundational issues are avoided by the mainstream — by those invested in the intellectual status quo, by the high priests of knowledge who have the most to lose by a restructuring of the intellectual foundations of our age.

A Consciousness-Based technology of flying

However, recent events have made it increasingly impossible to ignore this paradigm-changing phenomenon. The worldwide practice of Yogic Flying has brought the notion of levitation out of the obscurity of the Himalayan cave and the medieval monastery and into the popular mainstream — and the arena of modern science.

This program, derived from the ancient *Yoga Sētras* of Patanjali and scientifically reformulated by Maharishi, consists of extraordinarily powerful procedures for developing consciousness, the fundamental level of human life. These sophisticated and powerful technologies train the human nervous system to function coherently at the deepest, most powerful level of the mind. At this level, coordination between mind and matter is perfect and the distinction between mind and matter, between subjectivity and objectivity, disappears. This is the simplest form of everyone’s awareness — the Self of everyone.

It is from this level, Maharishi explains, that human beings can command the total potential of Natural Law, gaining the ability to *know anything, do anything, and accomplish anything* and to create permanent peace and prosperity, health and happiness, for one and all.

We use only a fraction of our mental capabilities. With conventional educational methods, mental development freezes at adolescence. Yogic Flying and Maharishi’s other Consciousness-Based™ technologies accelerate mental development far beyond what is understood in current educational paradigms, culminating in the experience of higher states of consciousness (also clearly discussed in this book).

From the perspective of our lesser developed state, such higher abilities as floating and flying can seem super-normal, even miraculous, much as adult competencies may appear extraordinary to young children. Yet these same abilities that appear miraculous to us today, because they are beyond the range of our everyday experience, appear completely natural to those in higher states of development.

As the experiences of the many thousands of Yogic Flyers worldwide continue to unfold, and as the experiences of saints and yogis of the past are re-enlivened and re-lived today on a global scale, it is vitally important that we, as a society, prepare ourselves for the resulting massive social awakening — a re-awakening to the tremendous power of human consciousness, fully developed and properly utilized. We must re-acquaint ourselves with the role this phenomenon has played in the cherished traditions that have shaped our past.

Toward an Age of Enlightenment

Now that humankind has conquered the globe and even begun to probe into outer space, we must now confront the next, and perhaps final, frontier: the vast domain of inner space — the full exploration of human consciousness.

However, unlike the exploration of outer space, the exploration of inner space was accomplished millennia ago, by the ancient *Āishis*, or seers, of the Vedic tradition — men and women who, fathoming the silent, unbounded depths of their own consciousness, discovered the fountainhead of Natural Law within. From this ancient tradition, Maharishi has brought to light a complete understanding of the full range of human potential and the technologies to develop it quickly and easily. *The individual is cosmic*, Maharishi asserts. This cosmic existence is everyone's birthright. And with Yogic Flying, it can quickly become everyone's reality.

Old principles that kept life shrouded in ignorance for ages past are rapidly receding and will soon be forgotten. They are being replaced by a new reality — happiness, health, and wholeness of life, enlightenment and mastery of Natural Law, prosperity and peace on earth. The world is not the same old world it has been. It is being illumined by a new light of ancient knowledge. And nowhere can we see this light more clearly than in the phenomenon of Yogic Flying.





FOREWORD

by Dr. David Lynch

Film director

Founder, The David Lynch Foundation
for Consciousness-Based Education and World Peace

If we could picture the world as a tree, we'd see an unhealthy tree. The leaves would be turning yellow and brown. Each leaf represents some problem, and today we've heard about a hundred thousand different problems.

There are people with goodwill doing good things, trying to solve problems. There's a leaf for AIDS, and there are beautiful people working to get rid of AIDS, trying to make the AIDS leaf green. There are great charities and committees working for all sorts of things and people thinking about all sorts of solutions. But it's all on the level of the leaves, trying to take care of one leaf at a time. If by chance we get one leaf green, we turn around and many more are going sick.

The experienced gardener waters the root. Maharishi has a famous phrase, *Water the root to enjoy the fruit*. This means getting nourishment from the most basic level, and automatically the whole tree blossoms. It means enlivening unity, enlivening the Unified Field. That's where the power is. It's all positive, and if you can enliven it, then all this negativity disappears. *Water the root to enjoy the fruit* — this is the key to individual supreme enlightenment and the key to peace on Earth.

Maharishi has given techniques to do this: the Transcendental Meditation® technique for the individual, culminating in enlightenment, and peace-creating Yogic Flying groups for the whole society. These groups are peace-creating factories utilizing the greatest machines on Earth — human beings. We are built to dive within and experience the Unified Field.

If I had a camera and wanted to film a Yogic Flyer, I would start with a

wide shot and I would dolly slowly in, and you'd see the Yogic Flyer hopping. And you might say, "That's not flying, that's hopping — that's ridiculous!" But then the camera would get very close and actually go within the Yogic Flyer. If you could portray the brainwave coherence and that experience of what they call *bubbling bliss*, then everyone would understand what was going on. That bliss is so intense — it's the sweetest nectar of life. The bliss of that experience is what the peace-creating groups utilize. They very powerfully enliven the Unified Field.

This field has many names. It's called the Absolute, bliss consciousness, Transcendental Consciousness, divine Being, the Kingdom of Heaven, the light of God within. In Vedic terms, this field is called *Ātmā*, the Self. There's that expression, Know thy Self. This is the Self of us all, the big Self — pure consciousness, pure bliss, pure intelligence, pure creativity, percolating right there within every human being. This is the Unified Field. This is the real deal.

Negativity is like darkness. Darkness is the absence of light. If you're in a dark room and don't like the darkness, you turn on the light. Automatically the darkness disappears.

What light can you turn on that removes negativity? The light of peace, the light of the Unified Field. Maharishi has given the knowledge and the techniques to do this. The Transcendental Meditation technique takes you to this field of unity safely, securely, beautifully. It's so simple.

The key is: Enliven unity, and negativity goes away. All the rest is fluff. Up here on the surface, we can only change some surface things, and we're right back at the same problems once again. But change things from that deepest level — then it's real change.

Think of the money and suffering that will be saved. It will be a new world, and the whole thing comes up automatically.

This has to be put into education. Children must be taught how to dive into the ocean of bliss within themselves — and enliven unity, and gain enlightenment, and create peace. This is every child's birthright. This is why I started the David Lynch Foundation for Consciousness-Based Education and World Peace. Let's give this to our children — and the world's children can be its permanent peace creators.

Remember the word *unity*. Remember to enliven unity. This is the peace that removes all negativity and therefore removes all suffering. This is real peace.

If you hear about a peace plan that doesn't remove negativity, it's not a peace plan. If somebody tells you about a light that doesn't remove darkness, you haven't heard about a light.



P R E F A C E

by Dr. Douglas Birx

*Transcendental Meditation-Sidhi Program Administrator
for North America*

DR. CRAIG PEARSON HAS DONE A GREAT SERVICE TO THE WORLD by writing *The Complete Book of Yogic Flying*. In a wonderfully flowing style he has covered the emergence and application of the knowledge and programs of His Holiness Maharishi Mahesh Yogi as they relate to Yogic Flying.

He has put into perspective a lesson that we have learned over and over again — that when we apply the knowledge and technology of consciousness available to us in Maharishi's programs, the results are extraordinary.

For those of us who have participated in the programs and assemblies described in *The Complete Book of Yogic Flying*, each step has been an unprecedented thrill. Now, looked at from the perspective of time, we see a huge and compelling body of knowledge that has emerged, showing the great nourishing value of enlivening Natural Law in the consciousness of the individual and in the collective consciousness of the world.

If you are not yet practicing the Transcendental Meditation technique and the TM-Sidhi program, I would like to encourage you to personally experience the profound development of consciousness that comes from practicing these techniques.

This growth starts with our ability to transcend, which we learn when we are instructed in the Transcendental Meditation program. The ability to act from this level of consciousness is cultured by practicing the TM-Sidhi program. Through the *group dynamics of consciousness*, experienced during the group practice of Yogic Flying, we gain the ability to dramatically enliven coherence in world consciousness. One evolves from *object-referral consciousness*, being tightly bound by all our thoughts and actions, to *subject-*

referral consciousness, where all our thoughts and actions take place in the freedom and bliss of unbounded awareness.

This is the state of *enlightenment*, being lived in this day and age here on earth. The astounding results you will be reading about are a simple by-product of this growth of enlightenment. We are profoundly grateful to Maharishi Mahesh Yogi for this science of Being and art of living.

ABOUT THIS BOOK

Terminology

In his Vedic Science,SM Maharishi utilizes terms to which he has given specific meanings outside ordinary usage. To indicate this special usage they are capitalized, e.g., Nature, Natural Law, Laws of Nature, Unified Field, etc.

Photographs

The photographs of Yogic Flying in this book show people experiencing the first stage of flying — the body rising up and moving forward in a series of hops. They are unretouched. Many were taken at public Yogic Flying demonstrations in locations worldwide.



Yogic Flyers demonstrating the first stage of Yogic Flying — hopping.

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Photograph published in the *Asheville Citizen-Times*, Asheville, North Carolina, September 25, 1996.
Photographer: Steve Dixon

Nations Rising to Invincibility

IN THE SPRING OF 2006, Holland's fortunes began to rise markedly. The nation's daily papers began to report more and more good news, from every direction. The economy took an unprecedented and sustained leap forward, surpassing all predictions. Business and industry thrived. The government began to act more coherently, decisively, and with greater concern for the people and the environment. The country became more prosperous, more self-sufficient. In short, the Netherlands became increasingly *invincible*.

This rapid and broad-based progress was not lost on leaders in the European Community. Netherlands Prime Minister Jan Pieter Balkenende's European colleagues soon began approaching him to ask what was happening in Holland. "Within a few months," one remarked, "you are ahead of all of us again."

What had happened? What drove this transformation? There had been no change in leadership in the government, nothing on the outside that offered a ready explanation.

These results had, in fact, been predicted in advance — by the leaders of a group of 400 Yogic Flyers that had assembled in the southern part of the country. This Yogic Flying group, they had said, would create "coherence" in national consciousness — with the immediate consequence that the quality of life would improve in every way, much as watering the root of a tree brings nourishment to the entire tree.

This was no idle prediction. What happened in Holland had happened many times since the late 1970s — in every part of the world, on every scale of society, from cities to states, from nations to the world as a whole, with abundant scientific research confirming the results.

Inspired by Holland, representatives from other countries, including the United States, resolved to replicate the same phenomenon in their own nations.

Why 400?**The square root of 1% of Holland's population**

The number 400 is the square root of 1% of 16,000,000, the population of the Netherlands.

A large body of previous scientific research, coupled with more than a quarter century of experience in all parts of the world, had shown that when the size of a Yogic Flying group reaches this threshold — the square root of 1% of the size of the surrounding population — the quality of life for the whole population changes in measurable, often dramatic ways. Negative trends such as crime rate, accident rate, and infectious disease rate decrease. Positive trends such as economic well-being increase.

Thus Holland required a group of just 400 Yogic Flyers to create these dramatic and positive changes.

**Holland's Rising Good Fortune**

IN APRIL 2006, THE WEEK THE 400 THRESHOLD was reached, the Dutch press began reporting dramatic improvements in all areas of national life. Here are some of the most significant:

The economy — an unexpected boom

Just two years earlier, the Netherlands was one of the European Union's weaker countries — even receiving a warning that it was approaching a deficit of -3%, the lowest level allowed for an EU country.

But in April 2006, for the first time in years, the government projected a budget surplus, of 3.9 billion euros or +0.4%, placing Holland among the world's few countries with a budget surplus. April also brought a trade surplus.

The stock market, a sensitive measure of the national mood, climbed dramatically. April brought the highest average number of daily stock transactions on the Amsterdam Stock Exchange, up 100% over April of the previous year. Economic growth for 2006, initially projected at a low 2%, was revised upward several times starting in April.

Unemployment dropped sharply and the number of new jobs created increased markedly. Consumer and business confidence rose month by month from April forward, reaching its highest level in six years. Nowhere in Europe did consumer confidence rise as quickly.

Within a few months nearly every major economic index was in or near the "Hoogconjunctuur" (Economic Boom) quadrant in the Economic Climate Clock, indicating a robust and rapidly expanding economy.

The Netherlands became the largest foreign investor of all 30 countries in the Organization for Economic Cooperation and Development (OECD), which promotes trade and development.

The government — a more parental role

The government began to act more coherently, decisively, and with greater support for the people and the environment. In a surprising response to the news that Holland had enjoyed an unexpected windfall of 4 billion euros during the first quarter of 2006, the government decided to return a sizeable portion to the people, through reduced personal and corporate taxes, assistance to help people on social security return to the workforce, inner-city renovations, and other social programs.

Contentious, highly partisan issues that had gridlocked the government for years were suddenly and harmoniously resolved soon after the Yogic Flying group formed, and the national government took major steps to reduce unnecessary regulations and their associated costs.



The environment — safeguards secured

The government approved 900 million euros — double the budget — to improve air quality, while the Dutch press reported on the success of a key national initiative to safeguard the environment and new measures to reduce pollution. All 82 beaches and other swimming areas in Holland were declared clean — the highest rating in all of Europe.

Education

Many educational initiatives were announced during this period. The Prime Minister announced a plan to make a few thousand euros per adult available for continuing education or retraining for another occupation. The total project, despite a cost of hundreds of millions of euros, would accelerate Holland's progress as an innovative, knowledge-based society.

Health and fitness

The government announced plans to promote the purchase of organic food by subsidizing its higher cost, while the Dutch press reported rising interest in physical fitness, wellness, spas, saunas, and Yoga. And the Asian Bird Flu did not come to Holland, despite appearing in neighboring countries.

Assistance to needy countries

The Dutch Parliament announced it would donate an extra 10 million euros to the Sudan to help that country out of its struggle, and 22 million euros in relief aid for the drought in East Africa. The Netherlands now shares more wealth per capita with other countries than any other nation.

“The government is governed by the collective consciousness of the people. If national consciousness is incoherent, the government is incoherent. If national consciousness is coherent, the decisions of the government will be coherent — and the people will enjoy good health, prosperity, and peace.”¹ — Maharishi

“With the rise of coherence in national consciousness, Holland is rising in positivity and harmony. Each day, Holland is growing brighter and brighter — the Holland of today is not the Holland of yesterday. And soon, Holland is going to burst out into the bright light of the midday sun.”² — Maharishi

“I am astonished at the cooperation and positivity”

“There is more softness in society, more tolerance. Company problems are solved more smoothly. Everything is easier. Teamwork has improved, and we are more successful. I am astonished at the co-operation and positivity and the ease with which everything happens.

“It is so remarkable and persistent that it really stands out. People exhibit sides of themselves they have never shown before. It seems as if blockades in the brain have been eliminated. This is just the beginning — I think the changes yet to come will be unprecedented.”

— Anton Bombeek, director of a Dutch multinational company, on the effects of 400 Yogic Flyers



And the overall statistics for 2006 . . .

In 2007, when the annual statistics for the previous year were reported, the remarkable changes that took place during 2006 came into even clearer focus.³

- **Economy** — The economy grew by 2.9% in 2006, about twice as much as in 2005. The GDP grew by more than 4%. Inflation fell to its lowest point in 17 years. Unemployment dropped to under 400,000 for the first time in three years, while employment increased 1.4% after three declining years. The value of exports rose 13%, the value of imports rose 14%, and the trade surplus increased. The government reported a budget surplus of 3 billion euros — the first surplus in six years — while government debt declined.
- **Business** — Consumer spending increased 2.6%, double the growth of previous years. Retail revenues made a strong recovery, increasing 5.4% after three declining years and surpassing the record year of 2002. By December 2006, investor confidence had reached its highest level since the index's inception in 2002. The number of people starting their own businesses rose sharply, 18% over 2005, while bankruptcies decreased sharply, for the first time since 2000. Welfare dropped to its lowest level in 25 years, the number of recipients declining almost 10% over 2005.
- **Tourism** — Holland attracted a record number of foreign tourists in 2006, with nearly 11 million visiting the country, up 9% from 2005. The occupancy rate in Dutch hotels reached the highest level since 2000, while hotel and catering industry revenues doubled from 2005.
- **Crime** — The homicide rate plunged 56% on average in Amsterdam, Rotterdam, and The Hague, while other types of crime also dropped. The number of prisoners dropped 8% over 2005, after rising 40% from 2000 to 2005.



High rankings for Holland

- **Innovation and competitiveness** — During 2006, Holland rose from 12th to 6th in the World Economic Forum's list of the world's most innovative countries, and from 15th to 8th in the Institute for Management Development's list of the world's most competitive countries.
- **Greatest freedom of the press** — Holland was ranked first in the world in freedom of the press (along with Ireland, Iceland, and Finland), according to a worldwide study in 2006 by Reporters Without Frontiers.
- **Greatest happiness** — Dutch children were ranked the happiest of all children in the developed world, according to a UNICEF measurement comparing 21 countries on 40 factors. The Dutch, along with the Finns, were rated the happiest and most energetic people in the European Union. Dutch workers were rated the least stressed in the EU, according to large-scale opinion research in European member states.
- **High quality of life** — Dutch quality of life was rated third best in the world, after France and Australia, according to Internet magazine *International Living*. The Social and Cultural Plan Bureau reported that Holland provides the best care for the elderly in the European Union.

These trends continued through 2007. In the best gauge of economic performance, the Dutch economy remained in the Economic Boom quadrant ("Hoogconjunctuur") of the Economic Climate Clock, which measures 15 fundamental economic indicators in comparison to long-term averages and cycles. The economy had risen into this phase shortly after the Yogic Flying group reached the requisite threshold. Clearly some underlying effect was at work to elevate quality of life across the board in Holland.



BBC News

"Dutch emerge from doldrums"

"After a tumultuous five years, it seems the Dutch may be sailing back into calmer waters. . . .

"[A] strong economic recovery has lifted spirits, and sparked a remarkable political turnaround. . . .

"The economic position of the Netherlands is very good. Economic growth is the largest in the EU, and unemployment is much less than four years ago,' [CDA spokesman Marcel Meyer] says."

The BBC article quotes Roalf Van der Kooy, of the Confederation of Netherlands Industry and Employers:

"Now there is a feel-good factor — that's one of the reasons why the [Prime Minister] and his party are doing so well. There's been a fierce turnaround in the past few months."⁴

— November 20, 2006



“Every government to rise to invincibility”

“This has been the quest, the search, of all the wise throughout the ages: something for everyone, so that no one gets into the channel of suffering in any way. No one suffers; no one is without perfect health. Administration, the government as a whole, will be prevention-oriented, problem-free government. This is our proclamation today: every government to rise to invincibility.”⁵

**— Maharishi
June 28, 2006**



Rising Invincibility in America

INSPIRED BY THE EXAMPLE OF HOLLAND, representatives from 40 countries came forward during an assembly in Holland in the summer of 2006, pledging to duplicate the phenomenon in their own countries.

In the United States, a large Yogic Flying group had been in place since the late 1970s at Maharishi University of Management in Fairfield, Iowa (see Chapter 13 for detail). But this group was not large enough. Using the square root of 1% formula, a group of 1,730 Yogic Flyers would be necessary to create coherence for the nation’s 300 million people. So the focus was to build the size of this group by attracting Yogic Flyers from around the country.

The *Invincible America Assembly* began on July 23, 2006, led by quantum physicist Dr. John Hagelin, professor of physics at Maharishi University of Management and director of its Institute of Science, Technology and Public Policy. And even as the size of the group was growing, the results it produced — predicted in advance — were immediate, remarkable, and sustained.

The stock market — an unexpected boom

The major U.S. stock indexes had been essentially flat during the 5 1/2-years before the Assembly started (since the first trading day of January 2000). The exception was the Nasdaq, which had been declining sharply. And *all* the indexes were in a declining trend during the three months prior to the Assembly. The press, moreover, reported on widespread worries about inflation and recession.

But when the Assembly began on July 23, 2006, these trends immediately reversed. All four major indexes began rising immediately, each one making a statistically significant shift to a rapid, positive average rate of growth.

In fact, the day the Assembly began, the stock market posted one of its largest one-day gains of the year. The Dow Jones Industrial Index skyrocketed 183 points, surpassing the key 11,000 level. CNBC television headlined the surprising upsurge with “Wall Street Euphoria” and “Blissful Shock.”

August and September are typically the worst months for the U.S. economy. But by the end of September 2006, the Dow had risen above the all-time record set in January 2000. Fears of a weakening economy, which peaked just before the Assembly began, quickly subsided, and inflation remained in check.

The surge continued into October — another month unlikely to produce good stock market news. As an Associated Press article observed:

Some of the market’s worst days, including the 1929 and 1987 crashes, occurred in October. An October rally is about as rare on Wall Street as an October snowstorm is in Washington, D.C. But this October was one for the record books as the Dow gained 401.66 for the month, or 3.44 percent boost.

The Dow dominated the headlines, hitting record after record, but broader indexes also saw impressive gains. . . .⁶



By the end of 2006, five months into the Assembly, the Dow had set 18 all-time record highs en route to rising 14.5%, the other indexes following suit.

The upward climb continued into the spring. In May 2007, nine months after the Assembly had begun, the S&P 500 reached its first record close in seven years, surpassing the record set in the spring of 2000 at the peak of the dot-com boom. The Dow also reached a new high close.

The one-year anniversary — several trillion dollars added

By July 23, 2007, the first anniversary of the Invincible America Assembly, the Dow had surged 27.4%, gaining over 3,000 points — including 1,000 points in the final three months of the 12-month period alone — to set a new all-time record of 14,000. The S&P had risen 23.7% to its all-time high, and the Nasdaq had climbed 33%. The overall result: a gain of several trillion dollars in wealth for stockholders of U.S. companies.

Could these increases have happened by chance? Econometric time series analysis showed these changes were highly statistically significant — meaning a very small probability that these large increases were mere serendipity.

ABOVE — The twin Golden Domes of Pure Knowledge on the campus of Maharishi University of Management in Fairfield, Iowa, from where invincibility is being created for America through group practice of Yogic Flying.

Stock market rise mystifies experts

OCTOBER 13, 2006

“Oil and gas prices are down significantly, stocks are way up (being led by huge index buying), interest rates have been generally falling and the dollar is stable. Not only that, but new data ‘out of the blue’ show an additional 800,000 jobs were created. . . . It was the largest revision in history and it was like pulling a rabbit out of a hat: was it always there or was it put there later? It certainly is all serendipitous, but is it coincidence?”

“I don’t really know, although I don’t really believe in coincidence.”⁷

— John Succo, co-founder and Chief Investment Officer, Vicis Capital, Inc.

OCTOBER 23, 2006

“We still can’t shake the ‘eerie’ feeling that something’s unnatural about the stock market’s action.”⁸

— Economist Jeff Saut, Chief Investment Strategist, Raymond James Financial, Inc.

NOVEMBER 1, 2006

“As I try to be objective it just still seems so, well, unnatural.

“Maybe you guys could discuss this in a little further depth. . . . [W]hat is driving this? . . . As I type there goes another +1000 out of the clear blue.”⁹

— Quoted by Todd Harrison, CEO, Minyanville

Unemployment rates, moreover, had fallen to a six-year low at 4.5%, and the U.S. budget deficit had dropped to its lowest level in five years.

“There have been many explanations for why the economy behaved this way, each valid on its own level,” said Dr. Kenneth Cavanaugh, Professor of Applied Statistics at Maharishi University of Management. “But the Invincible America Assembly created the favorable underlying conditions in the economy for growth of prosperity, which were reflected in the stock market.”

Dr. Hagelin elaborated:

The group of Yogic Flyers is creating coherence in national consciousness — generating confidence, optimism, and positivity in the national mood. Sociologists as well as economists are aware that the markets are an extremely nimble and sensitive barometer of the collective consciousness.

Fluctuations in the group size — and the stock market

In the summer of 2007, the size of the Yogic Flying group dropped as students at Maharishi University of Management went home for the summer break. The market dropped as well. When the students returned and the size of the group expanded again, the market rose to a new high. Toward the end of 2007 the size of the group diminished once more, for a variety of reasons. Once more the market followed suit, this time with fears of a recession.

Was a cause-and-effect relationship actually at work? Using state-of-the-art econometric modeling, Dr. Cavanaugh found a large, positive, and highly statistically significant *long-run* effect of the Assembly on the U.S. stock market, as measured by the S&P 500 Index. The up-and-down path of the S&P Index over time was found to be significantly linked to the size of Assembly. Consistent with the theoretical prediction of the Maharishi Effect, the long-run impact of the Assembly was found to be proportional to the squared size of the number of Assembly participants.

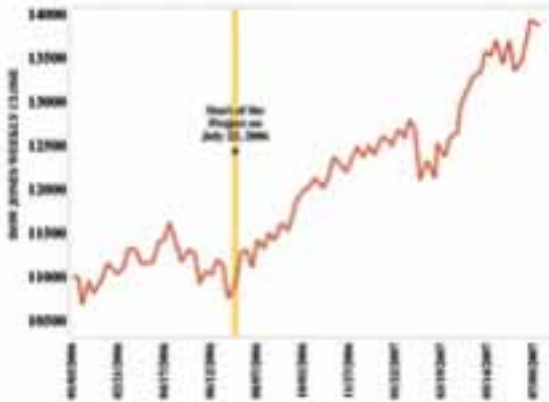
This effect was highly statistically significant. The probability of this large an impact on the index happening purely by chance was even less than the earlier analysis — less than 2.5 chances in 100 billion, or virtually zero.

This analysis made clear without doubt that the size of the Yogic Flying group and the S&P 500 Index move together, the index always following the

“Tune In, Turn On, Outperform?”

In an August 21 article about Yogic Flying groups, *Barron’s* magazine wrote: “It so happens such a group has been gathering once again in the Fairfield, Iowa, home of Maharishi University of Management, to deal with a threat to world peace. But the positive vibes extend to other aspects of society, including the financial markets.”¹⁰

Dow Rises 27.4%

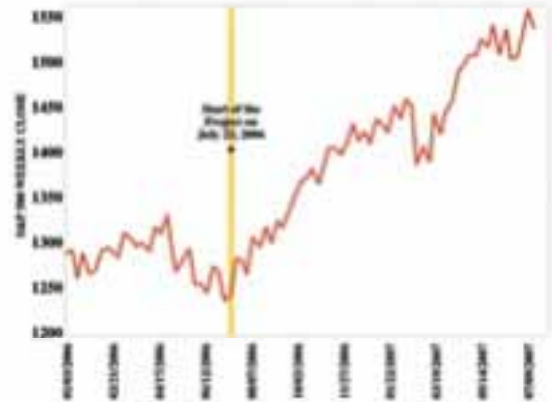


Before the Assembly began — The Dow had been basically flat overall since January 3, 2000 (the beginning of the base-line period for this analysis), decreasing just under 0.02% per week on average — and was in a declining trend for the 12 weeks prior to Assembly.

When the Assembly began (July 23, 2006) — There was an immediate, statistically significant shift to a rapid, positive average rate of growth. By the next year, July 2007, the Dow had risen 27.4%.

Odds this increase could have happened purely by chance — LESS THAN 2 IN 100

S&P 500 Rises 23.7%

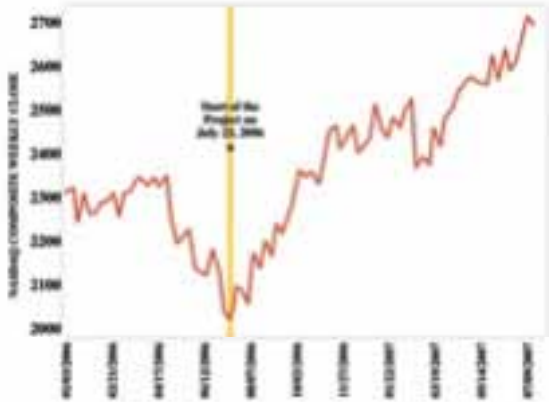


Before the Assembly began — The S&P 500 index had been basically flat overall since January 2000, decreasing an average of just under 0.04% per week — and was in a decreasing trend for the 12 weeks prior to the Assembly.

When the Assembly began — There was an immediate, statistically significant reversal to a rapid, positive average rate of growth. Within one year the S&P 500 had risen 23.7% to its all-time high.

Odds this increase could have happened purely by chance — LESS THAN 2 IN 100

Nasdaq Rises 33%

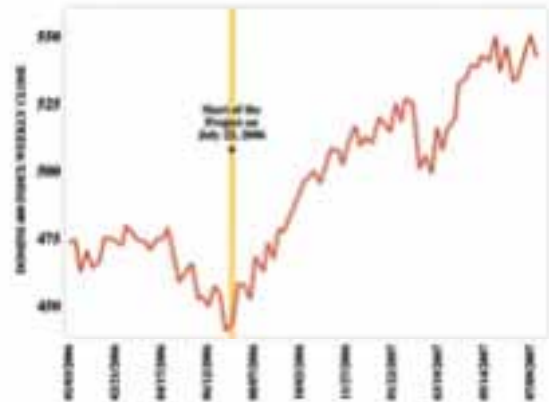


Before the Assembly began — The NASDAQ Composite Index had decreased sharply since January 3, 2000 — by 1,862 points, a decrease of 0.19% per week on average — and was in a decreasing trend for the 12 weeks prior to the Assembly.

When the Assembly began — There was an immediate, statistically significant reversal to a rapid, positive average growth rate. By July 2007 the NASDAQ had risen 33%.

Odds this increase could have happened purely by chance — APPROXIMATELY 3 IN 100

Domini 400 Rises 22.3%



Before the Assembly began — The Domini 400 Index of socially responsible stocks had been basically flat since the index was introduced in May 2001 — and was in a decreasing trend for the 12 weeks prior to the Assembly.

When the Assembly began — There was an immediate, statistically significant shift to a rapid, positive average rate of growth. By July 2007, one year later, the Domini 400 had risen 22.3%.

Odds this increase could have happened purely by chance — LESS THAN 5 IN 100¹¹



size of the group. In technical language, these two variables are *cointegrated*. Their paths may deviate in the short run, but in the long run their equilibrium relationship is always restored.

Sharp market downturns, with all the loss and suffering they entail, are no longer necessary. The solution is simply to maintain a sufficiently large Yogic Flying group. The cost is a microscopic fraction of the value added to the market and the peace of mind added to the country.

U.S.-brokered peace in the Middle East

At the time the Assembly began, in the summer of 2006, war had broken out on the Israeli-Lebanon border — a Mideast flashpoint for decades — with widespread fear this conflict would escalate and draw surrounding countries into it. Several weeks after the Assembly started, the United States — which previously had been seen by many as an instigator in the conflict — played a surprising peace-promoting role in brokering a successful cease-fire, effectively preventing the expected escalation of violence in the region.

Yogic Flying as a funded profession

Yogic Flyers began moving to Fairfield in the late 1970s, around the campus of Maharishi University of Management, for the specific purpose of establishing a group large enough to create invincibility and peace for America. To support themselves, they created new companies by the hundreds, particularly in software and technology, and Fairfield became known around the state as the *entrepreneurial capital of Iowa*.

By 1982 the Yogic Flyers had achieved the goal — a group equal to or larger than the square root of 1% of the U.S. population. As a body of scientific research showed, this group transformed U.S. quality of life — including a measurable softening in U.S.-Soviet relations that led to the end of the Cold War, the dangerous rivalry between the superpowers that had brought the world to the brink of nuclear war. (More in Chapters 13 and 18)

But in the 1990s, changes in the economy, particularly the tech sector, forced a number of Fairfield businesses to close and their employees to relocate. For all it had done in the 1980s, the Yogic Flying group was not large enough to prevent this economic downturn. And as the size of the Yogic Flying group declined, so did U.S. fortunes, particularly after 2000.

To help ensure that the Yogic Flying group will now be permanent, Yogic Flyers in the Invincible America Assembly are being funded through an annual \$12 million grant from the Howard and Alice Settle Foundation for an Invincible America. Yogic Flyers are peace creators — and here was a vital first step toward making this a properly paid profession.

Rising support for peace among the American people

By the spring of 2007, support for the Iraq war had declined dramatically, both among the American people and in Congress. Along with this came a sudden and unexpected softening in U.S. foreign policy, particularly a greater openness to resolving long-standing thorny issues with North Korea and Syria — nations the Bush administration had denounced in 2002 as part of the “Axis of Evil” and had isolated as rogue, terrorist states. Abruptly, after 50 years of tensions, the U.S. entered serious negotiations with North Korea to normalize relations and end the volatile and long-standing nuclear crisis. That intractable predicament is quietly being resolved and Korea’s nuclear program is being closed down without incident.

This shift away from confrontation and aggression and toward consensus building and peace also reflected rising national consciousness.

Harmonious weather — absence of hurricanes

The first three months of the Invincible America Assembly, July–October 2006, was hurricane season — and what happened was historically unprecedented. Hurricane activity had been above average since 1995. In 2004, six hurricanes had struck the U.S., the largest number of any year since 1886. The next year, 2005, another six thrashed the country — the only time since 1851 that six hurricanes had struck the U.S. in two consecutive years. Among these six was the infamous Katrina, which caused 2,280 deaths and damages of more than \$100 billion.

After these two intense hurricane seasons, the U.S. Weather Service and other weather experts predicted an even more ruinous season for 2006. But the number of hurricanes making landfall that year dropped to zero — it was as if the United States were protected by an invisible shield. This decline was the largest observed drop from one hurricane season to the next since 1851, the first year for which reliable data is available.

There was also an unprecedented drop in the intensity of winds striking the U.S. The index of “hurricane strength,” which includes tropical storms, had reached an all-time high in 2004, then another all-time high in 2005 — but in 2006, the first hurricane season of the Invincible America Assembly, the index dropped nearly 98% from the previous year, the largest decline ever recorded.

Meanwhile, welcome showers ended droughts in much of the nation. Meteorologists were at a loss to explain the unexpected good news.

In 2007, the weather services once again forecast a calamitous hurricane season. A very weak category one hurricane (the lowest grade, involving strong winds) briefly brushed a relatively unpopulated stretch of the Texas coast, and that was that.

Flaunt magazine “Proven to decrease levels of violence and stress”

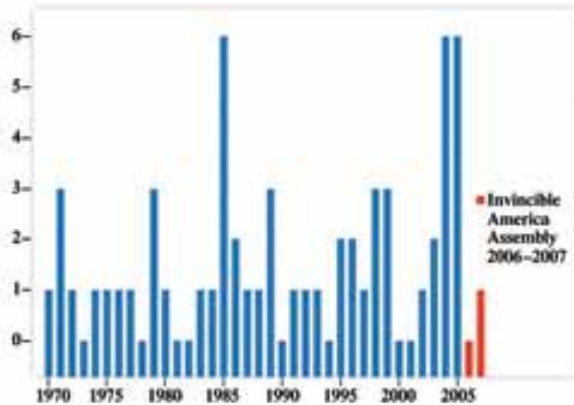
“**W**orld peace is just a quantum leap away. No, really. Scientists and researchers have tested a mathematical formula that has been proven to decrease levels of violence and stress across large populations. Derived from nature, this equation has slowly entered the country’s consciousness since the sixties through Transcendental Meditation, which is now being used to diffuse tensions in the world’s hot spots.”¹²
— December 2, 2006

“**T**his is not praying for peace, this is not sending out positive thoughts for peace. This is diving deep into one’s own consciousness. We’re not trying to convince anyone of anything. We’re just doing it.”

— **Robert Roth,**
spokesperson for
the **Invincible
America Assembly**

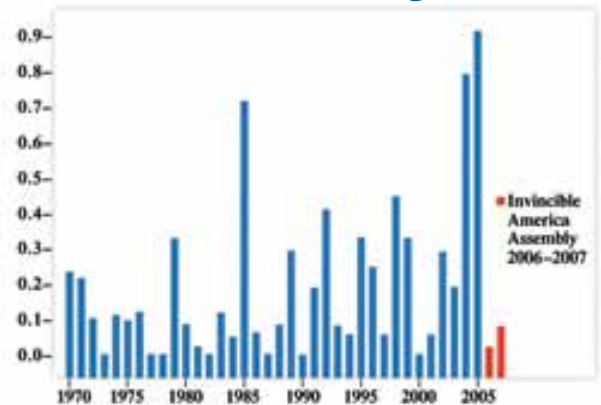
Quoted in Reuters,
July 30, 2007¹³

Number of Hurricanes Striking the U.S. Per Year



The number of hurricanes striking the continental U.S. plunged by 100% from a historically high level of six per year in both 2004 and 2005 to zero in 2006, the first hurricane season of the Invincible America Assembly. Statistical time-series analysis of annual hurricane data since 1910 indicates this decline is highly statistically significant ($p < 0.00001$) and cannot be attributed to established trends or cyclical patterns.

Annual Index of Hurricane Strength



The index of hurricane strength (the wind velocity of hurricanes and tropical storms hitting the continental U.S.) reached an all-time high in 2004, then another all-time high in 2005 — then, in 2006, plunged 97.7% from its 2005 level and remained near that level in 2007. This decline — the largest year-to-year reduction ever recorded — was highly statistically significant ($p < 0.00001$).

The world we've made as a result of the level of thinking we have done thus far creates problems we cannot solve at the same level of thinking at which we created them. We shall require a substantially new manner of thinking if humankind is to survive."

— Albert Einstein
(1879–1955),
theoretical physicist

This dramatic decline in the number of hurricanes and tropical storms was not an anomaly, Dr. Hagelin explained:

The decrease is the direct — and publicly predicted — result of the increased coherence in national consciousness created by the large group of 1,700 advanced Transcendental Meditation program experts in Iowa. Our weather patterns can be described by non-linear partial differential equations that obey the characteristics of chaos theory. As a consequence, weather patterns are sensitive to infinitesimal changes in initial conditions — a phenomenon popularly known as the *Butterfly Effect*. This means that even minute changes in people's behavior can precipitate — or prevent — a hurricane. The Invincible America Assembly is raising the quality of collective consciousness — and behavior throughout society — to be more harmonious, more life supporting. And Nature is responding more positively.

500 days — and more good news

To commemorate for all time what the Invincible America Assembly had accomplished, the *Maharishi Tower of Invincibility* was inaugurated on the Maharishi University of Management campus in July 2007.

By early 2008, as this book went to press, the Assembly had passed the 500 day mark — and the press was reporting good news on many fronts:

■ After a two-year surge, violence was down suddenly in many large U.S.

cities, with homicides in such cities as New York City, Chicago, and Los Angeles falling to their lowest levels in decades.

- After decades of volatility and escalation, nuclear tensions between the U.S. and North Korea were ending swiftly and peacefully.
- Hostilities had eased in U.S. relations with Iran and Syria.
- In the U.S. itself, there was an upsurge of hope and a national call for new leadership and new directions across the political spectrum.

Commented Dr. Hagelin:

It is possible that any one or two of these positive trends, unforeseen by experts even six months ago, could have occurred on their own. But the fact that all this good news is coming now — exactly as we predicted — is well beyond chance. It is the direct result of the coherence created by the Invincible America Assembly.

Yes, much of the world remains besieged by problems. But it requires new knowledge to address these problems. And that is what we pledge to bring to every area of society.

Researchers will monitor a broad spectrum of indicators to evaluate the Invincible America Assembly's ongoing influence on American quality of life — in the largest-ever scientific demonstration project to document the effects of large group meditations on the economic and social trends of the nation.

A side-effect of the experience of bliss

All these results arise as the natural side-effect of the Yogic Flyers' inner experience of *bliss* — the blissful, silent, unbounded pure consciousness that resides deep within every human being. This field is identical with the Unified Field of Natural Law discovered in recent decades by quantum physics — the omnipresent field of intelligence at the heart of all phenomena in the universe.

We will explore this concept thoroughly in later chapters. But the principle is simple: Maharishi's Vedic technologies of consciousness enable one to dive within, to experience and awaken this inner field of unity. When groups of Yogic Flyers experience and awaken this universal, unified field within themselves, they awaken its properties of peace, positivity, and progress for the whole society. Just as a rising tide lifts all the boats in a harbor, rising coherence in a nation elevates quality of life across the board.

The larger the Yogic Flying group, Maharishi emphasizes, the deeper the Yogic Flyers' inner experience and the greater the effect — and Invincible America Assembly participants have reported extraordinary experiences of transcendence, higher states of consciousness, and enlightenment.

As the size of the Yogic Flying group in America's heartland grows, so will its participants' depth of experience — and so will the strength of American quality of life. America has the potential to become invincible.

Boosting the numbers with Vedic Pandits

In October 2006, to further build the size of the U.S. Yogic Flying group in Iowa, Maharishi arranged for hundreds of Yogic Flying *Vedic Pandits* to come to Maharishi University of Management.

Vedic Pandits practice the Transcendental Meditation and TM-Sidhi programs, including Yogic Flying. In addition, as we will see in later chapters, they are also trained in how to conduct special performances, known as *Yagyas*, that enliven the effect of peace in society.

The goal is to bring 1,050 Pandits altogether, to ensure a permanent Yogic Flying of at least 2,500 people in the heartland of America.

Funding for the Vedic Pandits is being provided through a grant from the Howard and Alice Settle Foundation for an Invincible America.



“The permanent support of its people”

“Now every government can achieve national invincibility and secure the safety and well-being of its citizens. Such a government will naturally gain the permanent support of its people — and thereby secure its own longevity and dignity as a stable, sovereign government.”¹⁴ — Maharishi

Crowning Every Nation With Invincibility

SIMILAR INVINCIBLE ASSEMBLIES of Yogic Flyers are being established in large and small nations to create a *ring of invincibility* around the globe and to achieve the same result everywhere — to prevent problems, promote invincibility in every nation, and quickly raise the whole world to permanent peace.

“This is not wishful thinking,” Dr. Hagelin said. “This is hard science.”

Maharishi has called upon the world’s wealthy to support these groups — for what greater gift could one give to one’s country than invincibility, what greater gift to humanity than peace?

Governments cannot be expected to do this, Maharishi observed, caught as they are in the grip of the nation’s negativity. And without such groups, then the history of war will continue and the youth of the nation will die needlessly.

The rising prosperity we began to see in the world in the last half of 2006, the rising softness in international relations — all this, Maharishi said, is but a “child’s play” compared with what we will see as the world’s nations gain invincibility: freedom from conflict and negativity of every description, whether from inside the nation or without.



**Diving Within:
The Vedic
Technologies of
Consciousness**

Diving Within: The Vedic Technologies of Consciousness

OVERVIEW OF THIS SECTION

EVERY PERSON ON EARTH has the natural ability to turn inward, to let the mind's activity settle down, to enter into the innermost recess of consciousness.

What does one experience there? An ocean of pure knowledge, power, and bliss — unbounded pure consciousness.

This field has been known through the ages by many names. Plato referred to it as *the Good*, Aristotle as *Being*, Plotinus as *the Perfect*, Emerson as the *Oversoul*, various religious traditions as *the light of God within*.

In the ancient Vedic tradition, this inner field of consciousness is known as *Ātmā*. And from this tradition of knowledge, Maharishi has brought to light the simple, natural, effortless techniques for diving within, for transcending the surface thinking level and experiencing the depth — the true and eternal Self.

In the following chapters, we look at these Vedic technologies of consciousness — the Transcendental Meditation technique, through which anyone can dive within at will, and the advanced TM-Sidhi program, including Yogic Flying, which trains the mind to think and act from its most powerful level.

We examine the scientific research on these techniques and the unparalleled changes that take place in brain, body, and mind through their practice — coherent brain functioning, improved cognitive abilities, improved health, improved relationships.

We will see how the experience of transcending leads to a fourth major state of consciousness, beyond waking, dreaming, and sleeping.

And we explore the nature of *enlightenment*, higher states of consciousness, the natural result of transcending regularly and developing the brain's total potential — the birthright of every human being.

Yogic Flying — Liftoff!

YOGIC FLYING WAS INTRODUCED IN 1976 by His Holiness Maharishi Mahesh Yogi, the world's foremost scientist of consciousness, who has brought to light the knowledge of India's ancient Vedic tradition. Yogic Flying is a natural extension of the Transcendental Meditation program, which Maharishi introduced in the mid-1950s and which has become the most widely practiced and thoroughly researched program of self-development in the world.

The photographs throughout this book show people experiencing the first stage of Yogic Flying. They are using a simple, natural technique that has its origin in the oldest continuous tradition of knowledge on earth, the ancient Vedic tradition of India — specifically, a branch of the ancient Vedic Literature known as the *Yoga S  tras* of Maharishi Patanjali. These people are actually rising up into the air in short hops.

Deep within their minds, they introduce the technique for Yogic Flying, according to the specific procedure they have learned, and their bodies spontaneously lift up. At the same time, they experience exhilaration, happiness, and unboundedness.

More than 100,000 people around the world have learned this twice-daily practice — business executives and homemakers, teachers and students, teenagers and retired people, military and political and religious leaders.

The best thing one can do for oneself — and the world

Why do people take time in their busy daily schedules for Yogic Flying? Not primarily because they hope someday to levitate or fly, though they look forward to doing so. Nor simply to have an enjoyable, relaxing, and revitalizing experience. They practice it for two primary reasons:

What is a Yogic Flyer?

A *Yogic Flyer* is a person who practices the Transcendental Meditation program as well as the advanced TM-Sidhi program, which includes Yogic Flying. Yogic Flying is not practiced by itself but always as part of the Transcendental Meditation and TM-Sidhi programs.

1. For themselves — to be happier, healthier, more successful

Extensive published scientific research demonstrates that Yogic Flying offers striking practical benefits. For example, during Yogic Flying, brain functioning becomes highly orderly and coherent — with maximum coherence at the point of liftoff. This indicates the brain is functioning more powerfully, with greater access to its total potential.

This orderly and powerful brain functioning translates into equally remarkable benefits in everyday life, as other studies show. The Transcendental Meditation program and Yogic Flying lead to increased intelligence and creativity, clearer thinking, improved health, enhanced perception, reversal of aging, more fulfilling relationships. People practice Yogic Flying because of its results — they become happier, healthier, and more successful and fulfilled.

2. For society — to create invincibility and world peace

Social science research studies show an effect even more extraordinary. While Yogic Flying can be practiced by oneself in one's own home, this research shows that when people come together and practice Yogic Flying in sufficiently large groups (equal to the square root of 1% of the surrounding population), they create an influence of orderliness and coherence for the whole population.



© Bill Jordan

This coherence-creating effect, termed the *Maharishi Effect*, neutralizes social stress and negativity. As a natural consequence, the crime rate drops, sickness and accident rates drop, inflation and unemployment decline, and the economy improves. Even terrorism and open warfare have been reduced or stopped and the superpowers have become friendlier.

Since the late 1970s, Yogic Flyers have come together in large groups many times and in many places, all over the world. One consistent finding, as noted earlier: the larger the group, the greater the effect. Yogic Flying groups have been large enough to generate positive influences statewide, nationwide, and worldwide. We will examine this encouraging research in this book. Maharishi has called for large, permanent Yogic Flying groups on each continent to create invincibility for every nation and permanent world peace.

Yogic Flyers include individuals of all ages, professions, religions, educational backgrounds, political affiliations. But they share a common conviction: Yogic Flying is the best thing one can do both for oneself and for the world.

This approach is new and different. Yet the scientific research studies unanimously confirm its effectiveness. Yogic Flying has proven able to accelerate human development in exceptional ways. It has proven able to resolve intractable social problems. In a world in need of solutions, Yogic Flying works.



The power of groups

The benefits are magnified when people practice Yogic Flying as a group. Toward this end:

Yogic Flying facilities

In many cities, Yogic Flyers have created central locations where they gather to practice the Transcendental Meditation and TM-Sidhi programs.

Yogic Flying assemblies

Around the world, Yogic Flyers come together at *World Peace Assemblies* held regularly during the year to practice Yogic Flying in larger groups.

Yogic Flying communities

Communities have formed around Yogic Flying. The largest in North America is in Fairfield and Maharishi Vedic City, Iowa. Thousands of people from all walks of life have moved there to pursue their careers and practice Yogic Flying together in the community's two Golden Domes.

LEFT — A student at Maharishi University of Management competes in a Yogic Flying long jump competition while a judge watches and a photographer from a local newspaper captures the moment.

The three stages of flying

In the Vedic tradition of India, flying is said to develop in three progressive stages:

- hopping on the ground
- floating in the air
- flying through the air at will.

Thus far, people who practice Yogic Flying have experienced the first stage, hopping. To cushion the landings, the floors of Yogic Flying facilities are covered with styrofoam mattresses.

Maharishi has explained that even in this first stage, hopping, the coherence-creating effect is powerful enough that a relatively tiny group of Yogic Flyers can create invincibility for the entire nation.



Engaging Natural Law to Work for You

HOW IS YOGIC FLYING POSSIBLE? How can a person's body lift up into the air — even float or fly through the air — in apparent defiance of gravity?

Yogic Flying invites us to look at human potential in an altogether new light, to expand our notions of what human beings can accomplish, to think afresh about the connection between the human mind and the natural world.

We will discover ideas that challenge our preconceptions about what is possible in human life, about how the world works. But these ideas are open to both scientific investigation and systematic intellectual analysis, as we will see.

In just the last few years, quantum physics has identified the most fundamental field of Nature's intelligence, the *Unified Field* of all the Laws of Nature — the level from where all the Laws of Nature, including the force of gravity, arise. This universal level of Natural Law underlies all forms and phenomena in the universe, including the human mind and body.

The ancient Vedic understanding of Nature that Maharishi has brought to light goes further, identifying this universal field as a field of *pure consciousness*. In this view, human consciousness has its foundation in this fundamental field of Natural Law. The human mind, Maharishi explains, can open to this most powerful level of Nature and function from there.

Functioning from this fundamental level, Maharishi points out, we command the total potential of Natural Law; we can harness its power to fulfill our desires. We gain the ability to know anything, do anything, and accomplish anything. Functioning from there, nothing is impossible for us. Our potential is unbounded.

Yogic Flying provides evidence that human awareness can open to and operate from the most fundamental level of Natural Law. Yogic Flying therefore does not violate the law of gravity or any law of nature. It enables us to access and enliven the total potential of Natural Law residing within each of us — to open this infinite reservoir of energy and intelligence and harness it for all possibilities and fulfillment in daily life.

Systematically cultivating our unbounded potential

For some people, these ideas may strain belief. Most people have no framework for understanding how the body could rise by itself into the air, much less how a group of people sitting with their eyes closed could reduce the crime rate and stop wars.

Yet who would venture to place a limit on what is possible as human beings develop their highest potentials? Henry David Thoreau wrote, "Man's

capacities have never been measured; nor are we to judge of what he can do by any precedents, so little has been tried.”¹ The modern writer Norman Cousins expressed the same idea:

The human brain is a mirror to infinity. There is no limit to its range, scope or creative growth. No one knows what great leaps of achievement may be within reach of the species once the full potentiality of the mind is developed.²

Maharishi takes this idea to its ultimate fulfillment. *The individual is cosmic*, he asserts. Full development of this cosmic potential is everyone’s birthright. Yogic Flying is an extraordinarily powerful technology for accomplishing this.

Interest in Yogic Flying is rising. Yogic Flying opens new understandings of human life, connecting mind and matter, human life and Natural Law. It opens the door to scientifically understanding the age-old aspiration known as *enlightenment*.

The technology of Yogic Flying has the potential to create world peace — to create a world that is healthy, harmonious, prosperous, free of problems. The transition, in fact, is under way. The more people who practice Yogic Flying, the faster it will come. And the sooner people will actually be . . . flying.

“Regular practice of Yogic Flying leads the individual mind to enjoy control of Nature’s central switchboard from where Natural Law governs the life of everyone and administers the entire universe from within the intelligence of every grain of creation.”³

—Maharishi



ON YOGIC FLYING

“Every part of me is refreshed and revitalized”



“Since I started Yogic Flying, my life has been very smooth. My thinking has become clearer, my physiology stronger, and my desires more easily fulfilled in a gradually expanding process.

“During my Yogic Flying program I experience increased clarity, inner silence, energy, exhilaration. Since I started Yogic Flying, I no longer feel that I’m aging or that my body is decaying. During Yogic Flying the body gets enlivened through consciousness, and in this way the mind and body become intimately coordinated.

“Yogic Flying is so profound that I sometimes wonder how people go through the day without it.”

— Frank DiChiara, D.O.P.A., family practice
Toms River, New Jersey



“The Transcendental Meditation and TM-Sidhi programs for me are the essential tools with which to practice the art of living. These profoundly simple techniques have opened my heart and mind to the source of life within and integrated its dynamic silence with the demands of a busy life. Yogic Flying in particular has accelerated the process, providing regular, immediate, and concrete evidence of this integration.

“Every day, whether I am with my family, practicing law, composing music, or whatever, I feel wholeness pervading my life. This has been called the art of living. The ‘art’ is in the ability to live the fullness of life (spiritual and material) without effort, which is, of course, the only way it can be done.”

— Peter Beach, attorney
Mill Valley, California



“When I practice Yogic Flying, I experience lightness throughout my body. This lightness creates happiness inside and I am blissful and energized. After flying, I feel I have recharged my body and mind, and every part of me is refreshed and revitalized.

“Since learning the TM-Sidhi program, I feel more on point in daily life. Things are easier to accomplish and I never get hung up on details. I have also realized that you choose everything in your life, so why not choose to live in bliss and happiness and enjoy every moment of your life?”

— Jeremy Jones, student
Maharishi University of Management
Fairfield, Iowa

Techniques for Transcending — Bringing Ancient Knowledge to Light

THOUSANDS OF YEARS AGO, HIGH IN THE HIMALAYAS and in the forests of India, lived individuals who were dedicated to the exploration of the human mind, the exploration of consciousness. They were the world's first scientists, our first physicists. Instead of studying the world around them, they turned their attention within. Their laboratory was their own awareness. Their apparatus was their own nervous systems, brought to consummate purity and refinement.

These were the Vedic *Āshis*, or seers. Fathoming the depths of their own awareness, they realized that the human mind has the capacity to settle into a state of perfect quietness, beyond all perceptions, thoughts, and feelings, while remaining perfectly alert and awake. At the same time, the body settles into a state of extremely deep rest.

They discovered something remarkable in this state. Human consciousness transcends the boundaries not only of perception and thought but of time and space. Here, at the source of thought, the human mind opens into an ocean of *pure* consciousness, an unbounded, infinite sea of pure wakefulness — an ocean of *pure knowledge, power, and bliss*.

This unbounded ocean, they discovered, is the fundamental reality of the human mind, the essence of consciousness, the fountainhead of human creativity and intelligence. This innermost reality of life carried the name *Ātmā*.

Ātmā, they discovered, is not only the essence of human consciousness. In this ocean of pure knowledge, power, and bliss they found the fundamental reality of Nature itself, the fountainhead of all the intelligence, order, and harmony displayed throughout the universe. Here within lies the field of unity at the basis of diversity, the wholeness from which everything in the universe

is born. Like waves rising on the ocean, everything in Nature, from the flowers on the mountainside to the stars in the heavens, arises from this unified, unbounded ocean of pure consciousness.

Settling into this state, the Âishis experienced the pure intelligence at Nature's heart, the total potential of Natural Law. From this level, they discovered, anything is possible — they could know anything and do anything.

Bringing to light a nearly lost ancient knowledge

This is the understanding and experience of the Vedic Âishis that we have from Maharishi. The discoveries and experiences of these ancient sages gave rise to the age-old Vedic tradition of India. The 40 aspects of the Veda and Vedic Literature preserved throughout time by the Vedic Pandits of India form the oldest continuous tradition of knowledge on earth.

Over centuries, particularly in the face of foreign invasion and occupation, this knowledge of life became scattered and disconnected. Its significance was misinterpreted. Its technologies of consciousness were virtually lost.

This has been Maharishi's great work over more than 50 years — to bring this wisdom of the Vedic tradition to light. He has brought the pieces back together and re-established their true source and foundation in the field of pure consciousness. He has brought to light the secret and powerful technologies of consciousness from this tradition and empirically demonstrated their effectiveness. And he has profoundly integrated all of this with modern science.

Modern science, Maharishi observes, has glimpsed the most fundamental level of Nature through objective investigation. In quantum field theory, this field is called the *unified field*. This abstract, unmanifest field, the most concentrated level of Nature's intelligence, underlies the whole of creation. Interacting purely with itself, it gives rise to the entirety of the universe.

Anyone, Maharishi explains, can directly experience and benefit from the Unified Field, the total potential of Natural Law. It can be located in the simplest form of our awareness. It is the Self of everyone.



DOWN THROUGH THE CENTURIES

The summons to dive within

At the dawn of time, the Vedic Âishis discovered the unbounded reality of human life in the silent state of human consciousness. Throughout time, we find the world's great traditions and great thinkers asserting that to find what is good in life, what is real and true, we must turn our attention within.

“Know thyself.”

— Inscription in the Temple of Apollo at Delphi in Greece (373 B.C.)

“What the undeveloped man seeks is outside;
what the advanced man seeks is within himself.”

— Confucius (551-479 B.C.)

“He who knows others is wise. He who knows himself is enlightened.”

— Tao Te Ching (ca. 600 B.C.)

“The Kingdom of Heaven is within you.”

— Jesus (ca. 8-2 B.C.–29-36 A.D.)

“Look within. Within is the fountain of good, and it will ever bubble up.”

— Marcus Aurelius (121–180)

“Call yourself back then to yourself, O soul, and seek in yourself
all that you ought to get knowledge of.”

— Hermetic Writings (Egypt, 2nd–3rd centuries)

“This region of truth is not to be investigated
as a thing external to us. . . . It is within us.”

— Plotinus (205–270)

“Go back into yourself. Truth dwells in the inner man.”

— St. Augustine (354–430)

“Whoever knows himself, knows his Lord.”

— The Prophet Muhammad (570–632)

“Within man is the soul of the whole; the wise silence; the universal beauty, to
which every part and particle is equally related; the eternal ONE.”

— Ralph Waldo Emerson (1803–1882)

“Truth is within ourselves; it takes no rise
From outward things, whate’er you may believe.

There is an inmost centre in us all,
Where truth abides in fullness.”

— Robert Browning (1812–1889)

“Truth is not introduced into the individual from without,
but was within him all the time.”

— Søren Kierkegaard (1813–1855)

“Mind is infinite
and self-
ruling, and is mixed
with no thing, but is
alone by itself. . . . It is
the finest of all things
and the purest, and has
complete understanding
of everything, and has
the greatest power.”

— Anaxagoras (500–
428 B.C.), Greek
philosopher

“Nowhere can
a man with-
draw to a more untrou-
bled quietude than in
his own soul. . . . Grant
yourself this withdrawal
continually, and refresh
yourself.”

— Marcus Aurelius
(121–180), Roman
philosopher and
emperor



“Profound physiological benefits”

“**T**ranscendental Meditation is a simple mental technique that



can have profound physiological effects. It produces a state of rest-

ful alertness that provides the body with deep, rejuvenating rest and allows the mind to reach higher levels of creativity, clarity, and intelligence.”

— Gary Kaplan, M.D., Ph.D., Professor of Neurology, New York University School of Medicine

“**I**n my life and the lives of the students and teachers who practice Tran-



scendental Meditation, I have noticed greater composure and peacefulness

and more ability to handle times of stress and difficulty. The students are more in touch with themselves, their world, and one another. Transcendental Meditation is a marvelous aid to balanced growth, and fits into any cultural or religious tradition.”

— Brother Jeffrey L. Calligan, F.S.C., Regional Director of Religious Life Services for the Christian Brothers' Conference

The Transcendental Meditation program **Opening Your Awareness to the Ocean of Knowledge, Power, and Bliss**

THE UNBOUNDED INNER REALITY of life has been known from time immemorial by the great sages of the Vedic tradition. It has been expressed in every tradition, glimpsed and lauded by great people through history.

The ocean of pure knowledge, power, and bliss shines in silence and fullness deep within us all — within you, within every member of your family, within all your friends and neighbors. It is the inner reality of everyone's consciousness, the Self of every one of us. It has simply been clouded over by stress and fatigue, obscured by the noise of living.

Everyone has the natural ability to experience the inner reality of life, Maharishi emphasizes. One simply needs a technique for allowing the activity of the mind to settle down, for allowing the accumulated stress in the physiology to dissolve. This is the Transcendental Meditation technique, a simple, natural, effortless procedure practiced for 15 to 20 minutes twice a day.

The Transcendental Meditation technique differs from all other procedures in its effortlessness and simplicity; it is so simple that even ten-year-old children practice it. One practices the technique sitting comfortably with the eyes closed. You can meditate at home, in school, at the office, on airplanes — virtually anywhere. More than six million people worldwide have learned the technique — individuals of all ages, cultures, religions, and educational backgrounds.

Scientifically proven benefits for every area of life

Since the late 1960s, more than 600 scientific research studies have been conducted on the Transcendental Meditation technique, at 250 independent universities and research institutions in 33 countries around the world. These studies, published in 160 peer-reviewed scientific journals, document benefits in all areas of life.

No other technique offers such a wide range of proven benefits. And these benefits, Maharishi explains, are simply the by-products of one simple thing — experiencing pure consciousness, the inner ocean of pure knowledge, power, and bliss.

Maharishi compares the process to watering a tree. Through the simple act of watering the root, all the parts of the tree — trunk and branches, leaves and fruit — grow strong and healthy. So too with the Transcendental Meditation technique. By enlivening consciousness at its source, all branches of life grow strong and healthy.

What happens during the Transcendental Meditation technique?

The mind becomes more alert and awake

During the Transcendental Meditation technique, the mind settles effortlessly inward while becoming increasingly awake and alert. Moving beyond perceptions, thoughts, and feelings (this process is called *transcending*), the mind arrives at its source, a state of pure, silent wakefulness, pure consciousness. As Maharishi explains, “This process can be likened to a river which naturally and effortlessly flows onto the ocean and gains the status of the ocean.”¹

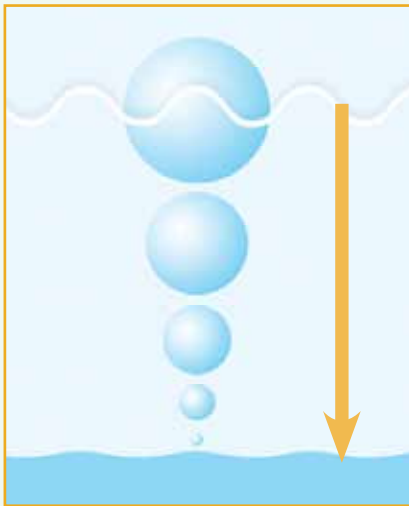
This leads to a unique state of consciousness, different from waking, dreaming, and sleeping. Maharishi calls it *Transcendental Consciousness*. It is a completely natural state in which the mind is open only to itself — in which you experience the inner ocean of pure knowledge, power, and bliss, unbounded awareness, the Unified Field of Natural Law.

The body gains a unique state of deep rest

As your mind settles down, your body also settles down and gains exceptionally deep rest, enabling the body to dissolve deep-rooted stress, strain, and fatigue. Physiological functioning becomes more balanced and integrated. Your entire nervous system becomes rejuvenated and revitalized.

The Transcendental Meditation technique does not involve trying to control any aspect of mind or body. The many beneficial changes in physiological functioning that occur during the technique take place spontaneously, the natural by-product of transcending.

In a single stroke, the Transcendental Meditation technique develops one’s latent creative potential and dissolves accumulated stress and fatigue.



Maharishi likens the mind to a pond or ocean. An impulse of thought arises from the field of pure consciousness deep within, much like a bubble rising from the bottom of the sea. As it rises, it becomes larger. Reaching the conscious level of the mind, it becomes large enough to be appreciated as a thought. The Transcendental Meditation technique enables the mind to move effortlessly in the opposite direction, through finer states of thought, until it reaches the source of thought, pure consciousness.

“One simple procedure”

“**T**ranscendental Meditation opens the awareness to the infinite reservoir of energy, creativity, and intelligence that lies deep within everyone.

“By enlivening this most basic level of life, Transcendental Meditation is that one simple procedure which can raise the life of every individual and every society to its full dignity, in which problems are absent and perfect health, happiness, and a rapid pace of progress are the natural features of life.”² — Maharishi



“Much more powerful than I had imagined”

I have been meditating for over 26 years now, and have finally begun the



TM-Sidhi program. The Transcendental Meditation pro-

gram has been like an old friend — always there to smooth the way through thick and thin.

“Now this TM-Sidhi program has really floored me. I thought I had an idea of what the program would be like, but the development of mind and body to support pure consciousness is much more powerful than I had imagined it could be.”

— Randy Stambaugh,
San Diego



The TM-Sidhi program **Thinking and Acting from the Mind’s Most Powerful Level**

IN 1976, MAHARISHI INTRODUCED an advanced and extraordinarily powerful program for accelerating the growth of unbounded human potential. This program, which includes Yogic Flying, is called the Transcendental Meditation-Sidhi program, or TM-Sidhi program.³

The TM-Sidhi program has its source in a branch of the ancient Vedic Literature known as the *Yoga Sutras* of Patanjali, the great sage and teacher in the Vedic tradition. More than 100,000 people around the world have learned this advanced technology of consciousness. The TM-Sidhi program forms a natural extension of the Transcendental Meditation technique and is taught as part of a series of advanced techniques in the Transcendental Meditation program.

The Transcendental Meditation technique allows our awareness to settle down and open to the field of pure consciousness, the Unified Field of all the Laws of Nature.



The TM-Sidhi program cultures our ability to think and act from this field — to enliven and activate the total potential of Natural Law and make it available in everyday life.

PURE INTELLIGENCE
**UNIFIED
FIELD**
Total Potential of
Natural Law

What happens during the TM-Sidhi program?

The more deeply we penetrate into the natural world, the more power and energy we find. If you burn a block of wood, you release some of the energy stored at the molecular level. But if you could reach to the nuclear level, you could release incomparably greater energy. The human mind reflects this same universal principle, Maharishi points out. The deeper we go, the more intelligence and energy we find.

We ordinarily think and act from the mind's surface level. All our everyday waking experience takes place at the mind's conscious thinking level — the least powerful level of the mind.

As your mind settles down during Transcendental Meditation practice, it moves through progressively more powerful levels of consciousness. Deeper and more powerful levels of Natural Law open to you. When you experience the source of thought, Maharishi explains, you have reached the most powerful level of all — pure consciousness, the mind's full creative potential, the total potential of Natural Law.

Activating the most powerful level of consciousness

Where the Transcendental Meditation technique allows your awareness to settle down and open to the field of pure consciousness, the TM-Sidhi program cultures your ability to *think and act* from this level, where thought is most powerful. It trains your mind to enliven and activate the total potential of Natural Law, to engage Natural Law to work for you.

The TM-Sidhi program significantly enhances the benefits of the Transcendental Meditation technique. For example, it accelerates the growth of creativity, field independence, learning ability, positivity, psychological health, and mind-body coordination.

With regular daily practice of the Transcendental Meditation and TM-Sidhi programs, including Yogic Flying, you cultivate the habit of thinking and acting from your mind's most powerful level, the field of Nature's total intelligence. From this level, Maharishi explains, your thoughts come into increasing harmony with Natural Law. Your thoughts and actions become increasingly powerful.

In time you spontaneously enjoy the full support of all the Laws of Nature. You gain the ability to fulfill your own desires while simultaneously fulfilling the desires of everyone around you. You enjoy greater success and fulfillment in daily life, and you contribute to creating an ideal society for one and all.

“Massive amounts of bliss, joy, and harmony”

I learned the Transcendental Meditation technique when I was ten. It was



fabulous from the beginning. I saw myself developing in every

way, from education to coordination to social interaction.

“But nothing could have prepared me for the benefits of the TM-Sidhi program. The first time I practiced this wondrous technique I had a deeper experience than in all my years of meditation.

“When I opened my eyes the world was changed. Colors were brighter; people were different. I started to see unity among all people.

“But the most profound change was the effect that Yogic Flying had on my Transcendental Meditation program itself. It was as if someone had opened floodgates and released massive amounts of bliss, joy, and harmony. I began to have deeper experiences and more fulfilling activities. The TM-Sidhi program took a great thing and made it stupendous.”

— David Weitzmon, student,
Loyola University

Perfect mind-body coordination

“Perfect mind-body coordination means that the mind obeys the body and the body obeys the mind. Both act in perfect harmony, which is beneficial to the whole system and extends far beyond into the unbounded universe. The individual enjoys perfect health and begins to radiate an influence which grows into perfect health for the community.”⁴ — Maharishi



Toward perfection of mind and body Stirring the Field of Pure Consciousness

SIDHI IS THE SANSKRIT word for *perfection*. The TM-Sidhi program cultivates what Maharishi calls “perfection in thinking.” It consists of a set of procedures that cultivate optimal functioning, or perfection, in specific faculties of human awareness and mind-body coordination.

Like the Transcendental Meditation technique, the TM-Sidhi program is simple, natural, and effortless. Certain TM-Sidhi procedures enhance perceptual abilities. Others cultivate higher creative abilities. The most dramatic and powerful is Yogic Flying, in which the body rises into the air by mere intention. These special abilities are termed *sidhi abilities*, or *sidhis*.

The TM-Sidhi program enlivens specific, fundamental Laws of Nature within consciousness. Each TM-Sidhi procedure has a specific role to play — but all them, Maharishi explains, serve to “stir” the field of pure consciousness, enlivening this field from within itself.

Engaging total Natural Law to fulfill desires

As you repeatedly stir the field of pure consciousness in this simple, systematic way, Maharishi explains, the experience of pure consciousness becomes increasingly stable and permanent in your awareness. Your mind becomes increasingly anchored in pure consciousness, the ocean of pure knowledge, power, and bliss, the Unified Field.

This means that you no longer simply come and go from this field. You gain the ability to move from there, to think and act from this deepest, most powerful level of Natural Law. You spontaneously gain the skill of engaging total Natural Law to fulfill your desires without effort. You learn how to put this field to work for you.

The result is highly beneficial for practical life. Every level of one’s life becomes enhanced — intellect, emotions, thinking, perception, and behavior.

In the same stroke, Maharishi points out, each procedure also strengthens the coordination between the mind and the body. As your mind and body become increasingly connected with the underlying wholeness of pure consciousness, they become increasingly coordinated with each other.

This process culminates in *perfect* coordination between mind and body. With regular practice of the TM-Sidhi program, Maharishi explains, mind-body coordination becomes strengthened to the maximum degree. When this happens, the body carries out the mind’s every intention, even to the extent of flying. All possibilities open to us. Nothing is impossible. We gain the ability to know anything, do anything, and accomplish anything.

The Most Powerful Technology of All — Yogic Flying

OF THE TM-SIDHI PROCEDURES, the most powerful is Yogic Flying. As with the TM-Sidhi program as a whole, Yogic Flying is simple, natural, and effortless. When you practice this procedure, your body spontaneously lifts up or moves forward in short hops. People commonly describe feelings of exhilaration, lightness, and bliss at these moments.

When we practice this technique, Maharishi explains, we profoundly integrate the silence of pure consciousness with the dynamism of activity — we accelerate the growth of mind-body coordination and gain greater access to Nature's unbounded intelligence within us.

We also enjoy optimal brain functioning. Brain researchers have discovered that *brainwave coherence is maximum at the point of liftoff*.⁵ This increased coherence in brain functioning during Yogic Flying correlates with increased intelligence, creativity, concept learning, moral reasoning, and mind-body coordination. We will discuss this research in the next chapters.

From coherent brain functioning to coherent society

This heightened coherence in brain functioning is not limited to the Yogic Flyer's brain physiology. It extends outward, to the surrounding environment. As scientific research demonstrates, the Transcendental Meditation technique by itself creates a remarkable degree of coherence in society — just 1% of a population practicing the Transcendental Meditation technique can reverse long-standing negative trends such as crime.

But the TM-Sidhi program and Yogic Flying are more powerful still, further intensifying this social coherence. When Maharishi introduced the TM-Sidhi program, including Yogic Flying, he predicted that even fewer practitioners would be required to create beneficial effects for the whole society.

To date, 50 scientific studies have shown that a Yogic Flying group equal in size to just *the square root of 1% of the population* can reduce negative trends throughout society — reducing crime, sickness, and accident rates, even terrorism and open warfare. At the same time, the intense coherence that such groups generate has been shown to promote positive, harmonious trends for the whole society — improving the economy, support for the nation's leadership, even relations with other countries. As Maharishi has said, *Every hop is a cosmic smile*.

This means that each of the world's governments has, at its immediate disposal, a practical and proven technology to transform society, eliminating problems and suffering and creating an ideal quality of life for everyone.



Enormous practical value

In the late 1960s, when the scientific research on the Transcendental Meditation program began, many people thought meditation had no practical use in day-to-day life.

The hundreds of scientific research studies on the Transcendental Meditation and TM-Sidhi programs have changed this.

The value of the Transcendental Meditation technique is commonly recognized, particularly for reducing tension, anxiety, and stress. Business leaders introduce it into their companies, judges offer it as an option for juvenile offenders. Advertisements commonly picture people sitting with eyes closed, meditating — meditation has become mainstream.

But the real value of the Transcendental Meditation and TM-Sidhi programs reaches far beyond easing anxiety and stress. These programs develop the total potential of the brain and open the unbounded inner reality of life to anyone.

Within the simplest form of our own awareness lies everything we need to achieve all that is necessary and desirable in life — the highest success, the greatest fulfillment. It needs only to be awakened.

Developing the Supreme Value of Human Life — the Ultimate Purpose of the Vedic Technologies of Consciousness

THE EXTRAORDINARY ABILITIES developed by the TM-Sidhi program and Yogic Flying are not new. Throughout history and throughout the world, we find accounts of the various Sidhi abilities described by Patanjali. In Maharishi's understanding, these abilities represent intrinsic capacities of the human nervous system. Dr. Robert Keith Wallace, the pioneering researcher on the Transcendental Meditation program, amplifies this idea:

In terms of neurophysiology, the Sidhi abilities can be considered to be encoded in the genetic potential of the human nervous system. They require, however, a certain level of coherence in the nervous system, achieved through neurophysiological refinement, before this potential can be spontaneously activated.⁶

What's most important is what you cannot see

If you attend a Yogic Flying demonstration, you will see people move forward in a series of hops. But most significant is what you cannot see — the stirring of the deepest level of consciousness, the coherent brain functioning, the heightened coordination between mind and body, the increasing attunement with Natural Law, the radiating of this coherence into the environment.

This brings us to the essential value of these Vedic technologies of consciousness. People do not practice these technologies because they wish to fly or to develop the seemingly “supernormal” abilities Patanjali describes. They do so primarily to cultivate their unbounded inner potential — the supreme state of human development that Maharishi terms *enlightenment*.

The Transcendental Meditation program by itself is an extraordinarily powerful means of developing the unbounded potential of our consciousness. The TM-Sidhi program vastly accelerates this development.

One may, of course, practice the Transcendental Meditation technique by itself, as several million people around the world do. The benefits that come from this simple practice are remarkable. But we accelerate the benefits many times over by learning to think and act from the level of pure awareness, the field of pure intelligence, through the TM-Sidhi program, including Yogic Flying. The TM-Sidhi program, Maharishi emphasizes, accelerates our growth to enlightenment.

ON YOGIC FLYING

“I feel . . . stable and whole and vast”



“The first time I experienced Yogic Flying fifteen years ago I felt like a helium balloon suddenly released into a bright sky. I’ve never felt such palpable lightness and bliss — the kind of happiness that makes you laugh for no reason and find delight in everything. That buoyant joy has been a part of my daily experience ever since, and it continues to bring endless amounts of creativity and beauty into my life.”

— Jennie Rothenberg Gritz, magazine editor
Washington, D.C.



“Working in a fast-paced corporate environment leaves little time for rest and can be exhausting. The Transcendental Meditation technique gives my mind the chance to rejuvenate itself so my activity can be efficient, productive, and fulfilling.

“I derive even more benefit from Yogic Flying. Yogic Flying cultivates an even greater quality of successful action — being able to act from a level where my mind is most silent and expanded and my brain is most coherent. This technique is natural and simple and yet the results are noticeable and cumulative. Being able to recharge on a daily basis and improve my efficiency in action gives me a competitive edge in the workforce and allows me to stay focused on my goals at hand.”

— Heather Hartnett, Marketing Manager
DigitalGlobe, Boston, Massachusetts



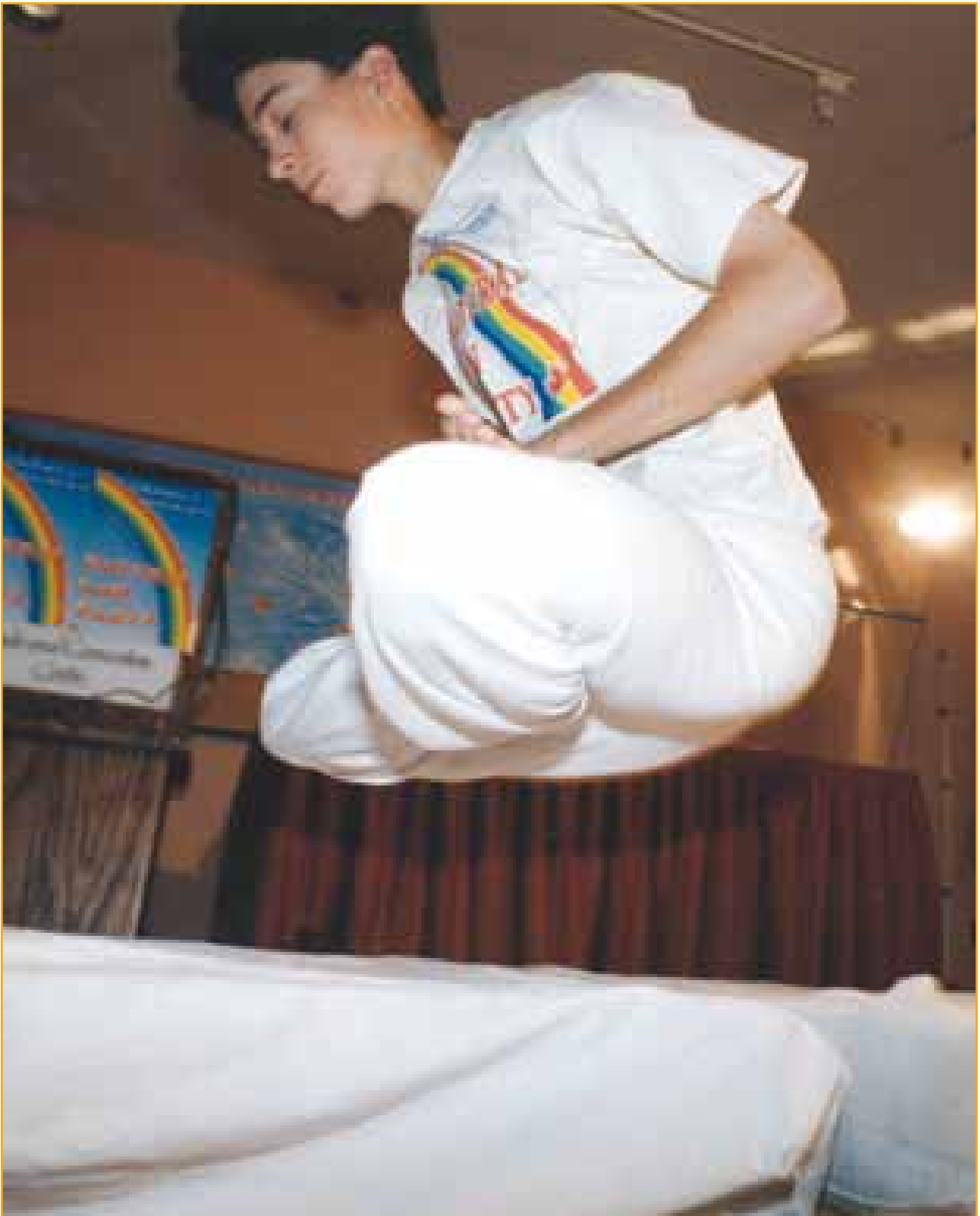
“During Yogic Flying I feel completely dissolved in an infinite volume of bliss. My awareness exists in every point of the expanse. I feel not small and fragmented and scattered but stable and whole and vast. I feel perfectly calm, and within this silence my bliss is unshakable. At the same time it takes on a vibrantly energetic quality and I am often moved to laugh with the abandonment of a child.

“I feel light, as though I were just air, and the bliss that radiates through my physiology buoys me up and off of the ground. I feel safe, for there is nowhere to fall but back into my own expanse. And I feel tickled with a perpetual rush of scintillating joy.

“Since I began my practice of Yogic Flying at age 16, I have noticed continued growth in my sense of self. The qualities of silent and dynamic bliss that I experience during Yogic Flying continue to stabilize in my physiology and are a part of my experience of daily life.

“As a teacher I feel so fortunate to have this technique. Every day is a joy. I have an infinite reservoir of patience. Nothing that comes up during the day can shake my foundation of peace and bliss. As a result I can always interact with my students in the most uplifting way, giving every one of them my most nourishing quality of attention.”

— Hillary Swanson, 9th Grade Physics and Mathematics Teacher
High Tech High International, San Diego California



Photograph published in the Saint John, New Brunswick *Times Globe*, May 22, 1997.
Photographer: David Nickerson

Awakening the Unbounded Potential of the Human Brain — The Most Sophisticated Structure in the Universe

FROM THE MOMENT WE ARE CONCEIVED, our bodies launch on a path of awe-inspiring growth that will last a lifetime. A single fertilized cell divides, then re-divides, then divides again. Initially, each division produces a new set of cells identical to the first. Then, during our first week of life, by a mechanism modern science does not understand, our cells begin to assume different forms and functions.

Our brains begin developing by about the eighteenth day, when our bodies are a mere twentieth of an inch long. There are periods of breathtaking development during which our embryonic brains grow at the rate of 250,000 cells a minute. Waves of brain activity can be detected after just a few months.

By the time the brain stops growing in size, when we reach the age of around twenty, it weighs about three pounds, far larger than that of almost any other creature, and we humans have a far higher ratio of brain to body weight than animals. More significant, so much of the human brain — and so little of animals' — is uncommitted to specific sensory and motor functions, and is thus free for higher mental processes.

100 billion neurons — massively interconnected

The adult brain is structurally so complex and sophisticated that its full dynamics simply cannot be grasped in modern scientific research. It is composed

How can we possess so much and use so little?

A century ago, William James, the father of American psychology, wrote:

“I have no doubt whatever that most people live, whether physically, intellectually or morally, in a very restricted circle of their potential being. They make use of a very small portion of their possible consciousness, and of their soul’s resources in general, much like a man who, out of his whole bodily organism, should get into the habit of using and moving only his little finger.”²

— William James
(1842–1910)

of 100 billion neurons, or nerve cells, with perhaps 14 billion of these in the cerebral cortex. Each cubic inch of the cortex probably contains more than ten thousand miles of nerve fibers, connecting the cells together, wired with astonishing precision. If the cells and fibers in one human brain were stretched end to end they would reach to the moon and back.

The estimated number of neurons in the brain, at least 100 billion, is approximately the same as the estimated number of stars in the Milky Way. Awesome as this comparison is, it does not account for the brain’s unfathomable complexity. Each neuron is connected to anywhere from 100–100,000 other neurons, through countless synapses, with no one cell more than two or three linked cells away from any other cell. The total number of interconnections in the brain has been estimated at greater than 10^{15} — astronomical.

Every single neuron, moreover, receives and responds to an average of 100,000 inputs per second. Imagine sitting in an office and receiving 100,000 phone calls every second — and you must evaluate the incoming information and decide upon and make the appropriate response to each one. That’s what each single neuron is doing — with billions of them doing this simultaneously.

Neurons have received the most scientific attention. But the brain contains ten times as many *glial cells* as neurons, cells little understood apart from their function of nourishing and supporting the brain. There are, in addition, 50 billion granular cells in the cerebellum, or “little” brain, whose function is essentially unknown, plus numerous other cells and structures. Thus your brain is composed mostly of cells that modern science has only begun to study.

Your brain’s storage capacity is sufficient to register a thousand bits of information every second of your life, quite possibly recording everything you ever see or experience, and holding several billion times more information than a large research computer.

The human brain, at approximately the size of two fists, is the most advanced product of biological evolution in the known universe. As brain surgeon Roger Sperry remarked, “In the human head there are forces within forces within forces, as in no other cubic half-foot of the universe we know.”¹

Developing our total potential

We all suspect there must be more to life than we are now living. Almost everyone has moments when they imagine there must be more happiness in life, more creativity, intelligence, knowledge, wisdom, power. History is rich with accounts of people for whom doors momentarily opened into remarkably higher capacities — moments of heightened perception, glimpses of higher states of consciousness, periods of exceptional physical abilities.

Vast potentials lie in waiting. Why do we use so little? Surely there must be a way to develop them — starting with the brain.

Beyond Waking, Dreaming, and Sleeping — A Fourth Major State of Consciousness

A COLLEGE SENIOR named Justin walks into the laboratory and hangs his book bag on a coat hook. He is 21 years old, originally from California, majoring in business. The lab director motions Justin to sit in the armchair and places a cloth cap on the top of Justin's head.

This is no ordinary cap. It has 19 electrodes attached to it, which are connected to an electroencephalograph (EEG) machine that will measure the electrical activity of Justin's brain at 19 different points. A belt around his abdomen and another around his chest will measure Justin's breath rate. Two more electrodes on his fingertips will monitor skin resistance, a measure of relaxation.

The technician asks Justin to sit comfortably. He monitors Justin's brain-wave activity for the next few minutes to establish baseline readings. Then he asks Justin to close his eyes. A few moments later he asks him to begin meditating. Justin begins practice of the Transcendental Meditation technique, as he was instructed three-and-a-half years ago, just after he arrived at college.

Within a minute or two, the readings on the instruments connected to Justin have changed. The measures of heart and breath rate, for example, show that his body is experiencing a state of remarkably deep rest. At the same time, the EEG readings show that his brain is functioning with much greater synchrony and that he is experiencing a state of heightened alertness and wakefulness.

Outside, Justin appears to be simply sitting comfortably with his eyes closed. But inside, he is experiencing a fourth major state of consciousness.

Deep relaxation, heightened wakefulness — never seen before

Until the late 1960s, when the first research on the Transcendental Meditation technique began, the fourth state of consciousness that Justin is experiencing was unknown to modern science.

The vast majority of people experience only three states, the familiar states of waking, dreaming, and sleeping. Yet every human being has the ability to experience the fourth state of consciousness, Maharishi observes — a natural state of profoundly deep rest and heightened wakefulness that refreshes and rejuvenates both mind and body.

This unique combination of deep rest and high alertness distinguishes the fourth state of consciousness from waking, dreaming, and deep sleep. When you are sleeping, your body is restful but your mind is not alert. When you wake up, your mind becomes alert but your body is no longer restful. During the Transcendental Meditation technique, in contrast, you experience a state of

Experiences of Transcendental Consciousness through the Transcendental Meditation program

“During the Transcendental Meditation technique, my mind settles down, thoughts become less and then suddenly all thought activity ceases and I slip into an unbounded ocean of awareness which is pure, quiet, unexcited and infinitely extended beyond space and time. In this state, I am not aware of any thought or any *thing*; I am just aware of awareness, you could say, wide awake inside but not thinking. Simultaneously my body settles down, breathing becomes less and I feel relaxed.”³

“The most charming and overwhelming experience in nearly all my meditations is bliss. All other experiences can't surpass this feeling of bliss. It absorbs me completely. My psychology, my heart, my head, my body are filled with it.”⁴



Glimpsing Transcendental Consciousness

“In my better hours I am conscious of the influx of a serene and unquestionable wisdom. . . . What is that other kind of life to which I am thus continually allured? which alone I love? . . . Are our serene moments . . . simply a transient realization of what might be the whole tenor of our lives?

“To be calm, to be serene! There is the calmness of the lake when there is not a breath of wind. . . . So it is with us. Sometimes we are clarified and calmed healthily, as we never were before in our lives, not by an opiate, but by some unconscious obedience to the all-just laws, so that we become like a still lake of purest crystal and without an effort our depths are revealed to ourselves. All the world goes by us and is reflected in our depths. Such clarity!”⁵

— Henry David Thoreau (1817–1862), American essayist and poet

exceptionally high alertness and exceptionally deep rest — a state as different from waking as waking is from sleeping. To this state Maharishi has given the name *Transcendental Consciousness*.

In this state, the field of pure consciousness opens to our direct experience. Throughout history, men and women have glimpsed this fourth state of consciousness — Plato, Plotinus, St. Augustine, St. Teresa, Wordsworth, Tennyson, Emerson, Thoreau, Whitman, Einstein. These moments they lauded as the most significant and meaningful of their lives. In every case, however, such moments were rare, fleeting, and unpredictable.

People merely lack a technique

Although everyone has the ability to experience this fourth state of consciousness, most people do not, simply because they lack the technique to do so. This is unfortunate. As a growing body of scientific research has shown, the key to developing our unbounded creative potential is simply to experience Transcendental Consciousness twice a day. The Transcendental Meditation program offers a simple, natural, effortless way to do it.

The functioning of the body changes in remarkable ways during practice of the Transcendental Meditation technique. Scientists have found a whole constellation of changes — in blood flow, blood chemistry, muscle and blood cell metabolism, hormone production — always in the direction of rest and repair, balance and health.

Scientists have also found an enormous array of benefits arising from *long-term practice* of the technique — increased creativity and intelligence, improved health, improved interpersonal relationships. These wide-ranging benefits indicate that the individual’s life is changing from a deep level — that there is progressively greater integration.

Since the brain controls overall integration, the Transcendental Meditation technique must affect how the brain works. The question is, *how?* This is where scientists have found the most striking changes.



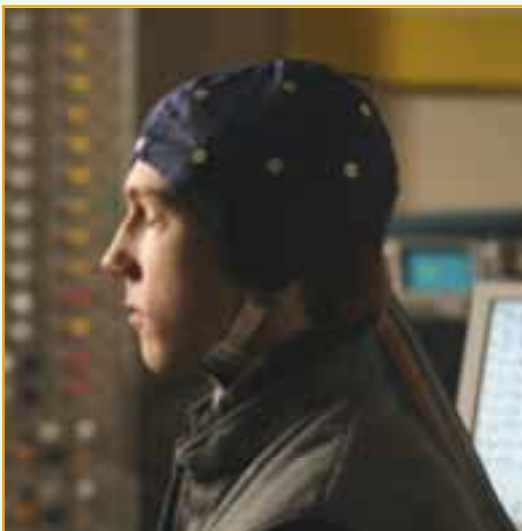
A Transformation in Brain Functioning

WHEN JUSTIN FIRST CLOSES HIS EYES, but before he begins the Transcendental Meditation technique, the EEG machine shows an almost immediate increase in alpha wave activity at the back of his brain (in technical terminology, increased alpha *power*). This is not at all surprising. If you close your eyes right now, chances are that your brain will do the same thing. About 60% of the general population show this response (another 20% will show slow theta waves).

What does this signify? The rear of the brain is responsible for processing visual information (visual stimuli account for about 60% of all the information that comes into the brain through your five senses). When you close your eyes, you shut off this incoming stream of visual information, and the rear of the brain switches into a resting mode, while maintaining alertness. This state, called *cortical idling*, is indicated by increased alpha wave activity.

But when the technician asks Justin to begin practicing the Transcendental Meditation technique, this alpha activity quickly spreads through the brain's central and frontal regions. The central regions are largely responsible for motor controls, for coordinating the body. The frontal lobes are home to the brain's "executive control center," responsible for higher order thinking — problem-solving, decision-making, activities involving creativity and intelligence. High-amplitude alpha spreading through the central and frontal regions indicates the *whole brain* has shifted to a restfully alert state.⁶

But increased alpha activity forms only a small portion of the changes taking place in the way Justin's brain is functioning.



Measuring growth of coherent brain functioning

A student at Maharishi University of Management has his EEG measured while he practices the Transcendental Meditation technique, to assess growth of coherence in brain functioning during his years as a student.

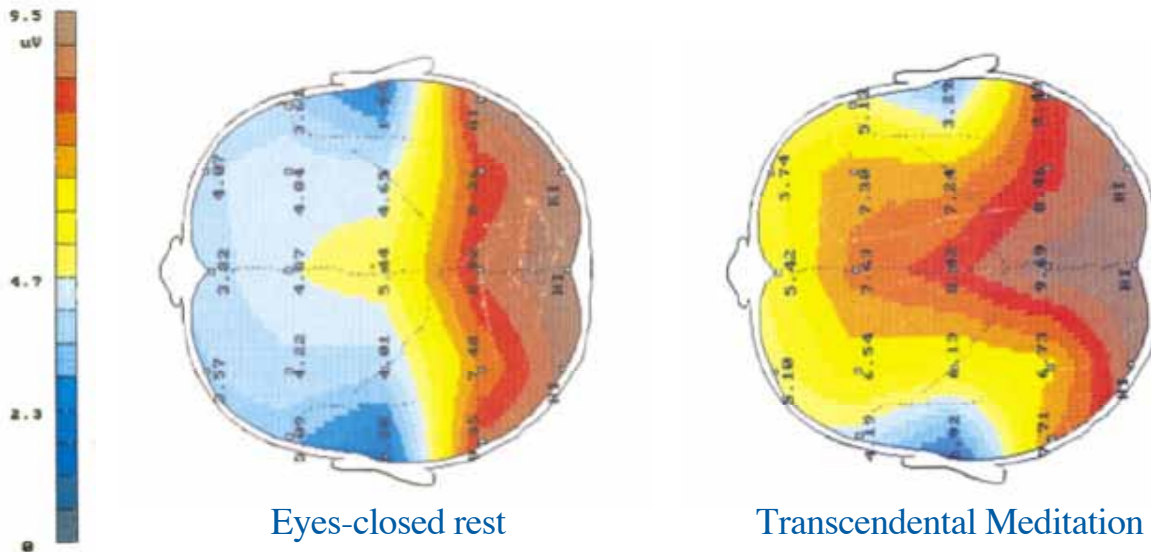
Experiences of Transcendental Consciousness through the Transcendental Meditation program

“During meditation my mind settles down, thoughts become more quiet, and there are moments where thoughts drop off completely and there is just awareness, or knowing I’m awake without thinking.”⁷

“I have had the experience of transcending all activity and experiencing awareness as an unbounded unity. There is no longer any sense of ‘me’ and ‘not me,’ no longer any thought or feelings or even a body — just the Self, and that is all there is, and that is all I am.”⁸

“During the practice of the Transcendental Meditation technique I sometimes reach a state of complete silence which has come about very innocently. The experience is one of evenness and expansion, of infinity, and I am that infinity.”⁹

Increased Restful Alertness THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE High EEG Synchrony



Picturing the restfully alert brain

When the brain is resting yet alert, the electrical activity (EEG) at the cortex will be in the theta-alpha range (7–10 Hz).

The above figure illustrates the degree (amplitude) of theta-alpha activity in a subject first while sitting with the eyes closed and then during the Transcendental Meditation technique.

We are looking down at the top of the head, the nose at the left. The color scale at the left indicates the range of EEG amplitude in the theta-alpha range. Dark blue indicates very low amplitude, brown very high.

■ **In the eyes-closed rest figure** — Notice the brown at the back, reflecting high amplitude EEG. This indicates that the back of the brain is restfully alert, and occurs in almost all people when they close their eyes.

■ **In the Transcendental Meditation figure** — Notice how the very high EEG amplitude in the back has spread forward. Most strikingly, the amplitude of theta-alpha EEG in the front has increased significantly, from 3.82

(light blue) during eyes closed to 5.42 (yellow and orange) during meditation — almost 42%.

Here we see an objective picture of what happens when the mind dives within and settles into the experience of pure consciousness: Restful alertness encompasses the entire brain.⁶

While the above picture illustrates EEG *amplitude*, other research finds frontal *coherence* increasing during Transcendental Meditation practice. Coherence refers to the brain's level of coordination. The Transcendental Meditation technique brings a dramatic increase in coherence, as we will see in the following pages.

The pattern above is one of about half a dozen EEG patterns displayed by people who practice the Transcendental Meditation technique. The pattern itself is not so important. Most important is that with regular practice of the technique, the coherent style of functioning carries over into activity — suggesting that the brain's total potential is being developed and is increasingly available throughout the day.

Toward total brain development

Brainwave Coherence Increases

INCREASED ALPHA ACTIVITY THROUGHOUT THE BRAIN is interesting enough. But the researchers studying Justin observe something remarkable. The energy output of his left and right hemispheres has become equalized. The activity from the various regions of his brain, moreover, has settled into rhythmic, consistent, stable patterns, each region synchronized with the others.

Here we come to one of the most profound findings in all the scientific research on the Transcendental Meditation program — the ability of the technique to induce a highly synchronous, coherent style of brain functioning.¹⁰

If the various parts of your brain could be compared to the members of a crew team, some oarsmen would be rowing in time with one another, while others would be out of time — the EEG of an ordinary person shows simple, synchronous activity in some parts of the brain and more complex, desynchronized activity elsewhere. In addition, the oarsmen would also be constantly changing the rhythm of their strokes, just as the electrical patterns in each part of the brain are constantly changing.

During the Transcendental Meditation technique, in contrast, Justin shows a high level of synchrony across all areas of the brain — as if the oarsmen all began rowing together, with precise, evenly matched strokes. Such a boat would move much more quickly and efficiently through the water. In the brain, increased coherence signifies increased and more integrated information flow between different brain areas.

The synchrony between the two halves of Justin's brain suggests that global, intuitive, spatial skills have become more integrated with analytic, verbal skills. The result: a more creative individual who not only finds new and different ways to do things but can also form, apply, and communicate those ideas. The front-to-back synchrony, embracing the brain regions governing perception, physical coordination, and higher-order thinking, suggests improved coordination between thought and action and mind and body.

Like the oarsmen in a crew team, each part of the brain still performs its individual role. But now they are highly coordinated. The result is a wholeness much greater than the sum of the parts — much greater than before one closes one's eyes to meditate.

This coherence carries over outside of meditation into one's daily activity, indicating that one has greater access to the brain's total potential throughout the day. And the longer one meditates, the more coherent the functioning of one's brain throughout the day becomes.

Faster processing speed in the brain

Scientists at the University of Erlangen-Nürnberg in Germany studied the effects of the Transcendental Meditation technique on how fast the brain registers information.

They took two groups of people, one that practiced the Transcendental Meditation technique and one that did not. Then, using auditory stimuli (sounds), they measured the processing speed in the *brain stem* — the earliest, most primary stage of information processing, where the brain first registers information.

The Transcendental Meditation participants registered information more quickly, suggesting more efficient and frictionless flow of information. This was true both during and outside of meditation — and notable, because these values (known as *auditory evoked potentials*) generally remain unchanged during waking, dreaming, and deep sleep.

This measure was not concerned with subjects' ability to think or make decisions. It focused on the quality of brain and nervous system functioning, before a stimulus reaches the thinking level. This finding suggests the Transcendental Meditation technique may improve the brain's transmission speed — akin to "upgrading" the brain hardware.¹¹

Waking up from the waking state

Brainwave alpha coherence tends to decrease as you fall asleep and increase as you wake up.

Thus the dramatic increase in coherence that you experience during the Transcendental Meditation technique suggests heightened wakefulness and alertness — it suggests that you are literally waking up from the waking state.

This increased coherence indicates superior integration and coordination of different brain areas. And research indicates that the longer you have been meditating, the higher your coherence *in activity* becomes, as we will see in Chapter 6.¹²

The experience of restful alertness twice a day, Maharishi explains, gives rise to the technique's countless benefits. In addition, Transcendental Consciousness, or restful alertness, forms the foundation for Yogic Flying — the “launching pad.”

Thus the purpose of the Transcendental Meditation technique is to bring the mind to Transcendental Consciousness, the fourth state of consciousness, the experience of *Ātmā*. Here is the foundation for developing the brain's phenomenal potential.

Coherent brain functioning — the neurons add up

Imagine suspending a set of microphones over a football stadium during a big game. More than 50,000 people are cheering. But because they are each yelling something different, their individual words cancel each other out and you hear only a rising and falling din.

Now suppose the cheerleading squad begins leading the crowd in a cheer. Because everyone is saying the same thing, together, in synchrony, you can now make out the words.

Neuroscientists face a similar situation when they monitor the activity of the human brain. They can eavesdrop on brain activity using EEG technology, attaching “microphones” (small metal plates) to various regions of the scalp. But the crowd they are listening to is composed of the brain's tens of billions of neurons, or nerve cells. Since each individual neuron produces its own electrical activity, what neuroscientists “hear” is the activity of all the individual, underlying neurons added together.

Because the neurons do not ordinarily fire in synchrony, their activities cancel each other out at the surface level. This phenomenon, known as *destructive interference*, leaves little to measure except an ever-varying picture of electrical activity, much like the crowd in the stadium when left on its own.

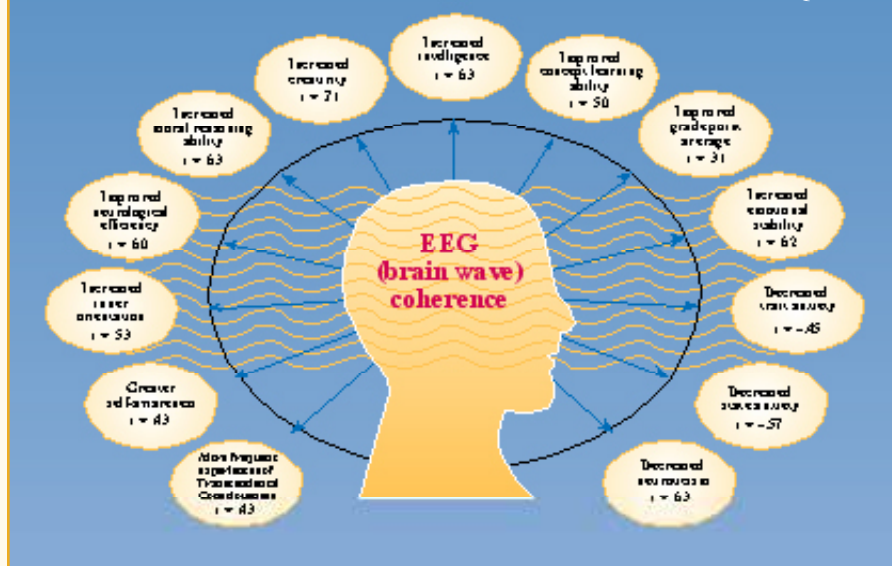
But when a person begins practice of the Transcendental Meditation technique, brain functioning becomes significantly more orderly. Because the neurons now fire synchronously, their independent activities add up, producing *constructive interference*. As a result, we see high amplitude activity in the alpha or theta range. This means greater synchrony among the underlying neurons — even neurons that may be widely separated in the brain. This is a clear marker of the fourth state of consciousness, Transcendental Consciousness.

The interpretation: Like the cheerleading squad bringing 50,000 people's cheers into an orderly and intelligible form, there must be some force deep in the brain which, during Transcendental Meditation practice, brings the activity of billions of neurons throughout the brain into coordinated functioning.

What is that force? The settling of mental activity to its simplest, most silent state — the direct experience of pure consciousness, *Ātmā*.

Benefits of coherent brain functioning

THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



Everything good about the brain depends on its coherent functioning

As the chart above illustrates, the more coherent and awake your brain becomes, the better you perform in many different areas. Research indicates that higher levels of brainwave coherence are significantly correlated with:

- clearer experiences of Transcendental Consciousness
- greater self-awareness
- increased inner orientation
- improved efficiency and responsiveness of the nervous system
- higher levels of moral judgment
- increased creativity
- higher levels of intelligence (IQ)
- improved ability to learn new concepts and assimilate information from the environment
- improved academic performance (grade point average)
- increased emotional stability
- decreased trait anxiety (general, long-standing anxiety)
- decreased state anxiety (temporary anxiety)
- decreased neuroticism¹³

Transcendental Consciousness in the Vedic Literature

“And when a mind which longs for truth finds the peace of its own source, then those false inclinations cease. . . .

“In quietness the soul is ONE: then one feels the joy of Eternity. . . .

“When the mind is silent . . . then it can enter into a world which is far beyond the mind: the Highest End. . . .

“Words cannot describe the joy of the soul . . . who is one with his Ātman, his own Spirit. Only those who feel this joy know what it is.

“Even as water becomes one with water, fire with fire, and air with air, so the mind becomes one with the Infinite Mind and thus attains final freedom.”¹⁴

— Maitrĕ Upanishad



The physiological counterpart of unbounded awareness

“The Transcendental Meditation technique taps hidden reserves of the human brain, electrical pathways that are ordinarily not in use. This expansion of the brain’s electrical activity may be the physiological counterpart of the experience of unbounded awareness. This is consistent with the reports of people practicing Transcendental Meditation that their consciousness is expanding.”

— Professor Nicolai Lyubimov, former director of the Moscow Brain Research Center’s Neurocybernetics Laboratory



Hidden Brain Reserves Are Accessed

IN 1990, PROFESSOR NICOLAI LYUBIMOV, then Director of the Neurocybernetics Laboratory at the Moscow Brain Research Center, began research that helped explain how the Transcendental Meditation technique produces such remarkable growth of intelligence, creativity, learning ability, and psychological health and maturity.

Dr. Lyubimov had studied the mechanisms of higher brain functioning for more than 30 years. His studies with Transcendental Meditation practitioners show that their brains respond to stimulation in a lively, holistic fashion.

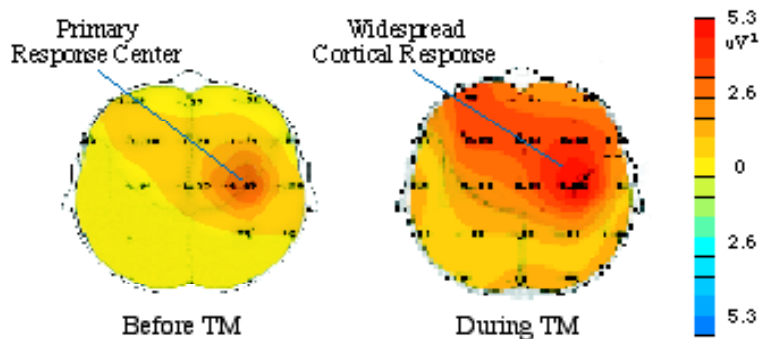
Dr. Lyubimov measured *evoked potentials* in the brain, in which the brain’s response is evoked by a stimulus, in this case a nerve in the base of the thumb with a small electric current. Ordinarily, stimulating the left thumb evokes electrical activity in a small portion of the brain’s right hemisphere.

But when a person is practicing the Transcendental Meditation technique and the left thumb is stimulated, the brain responds with greatly increased electrical activity that spreads across both right and left frontal lobes.

This means that (a) a greater area of the cortex takes part in perceiving specific information, and (b) the functional relationship between the two hemispheres increases. This more widespread response suggests that the brain is functioning in a more integrated manner and responding to incoming stimuli more comprehensively.¹⁵

Mobilizing the Latent Reserves of the Brain THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE

EEG Brain Maps — Top View of the Head



During the Transcendental Meditation technique, some of the early sensory components of the brain’s response to somatosensory stimulation (0–100 msec) are more widely distributed across the cortex. This indicates that during the Transcendental Meditation technique there is an increase in the areas of the cortex taking part in perception of specific information and an enhancement in the functional relationship between the two hemispheres.¹⁵

Blood Flow to the Brain Increases Significantly

BLOOD FLOWING TO THE BRAIN nourishes the neurons with oxygen, glucose, and other nutrients needed for optimal functioning, while carrying away wastes. Insufficient blood flow to the brain has been linked to serious problems such as Alzheimer's disease and violent behavior.

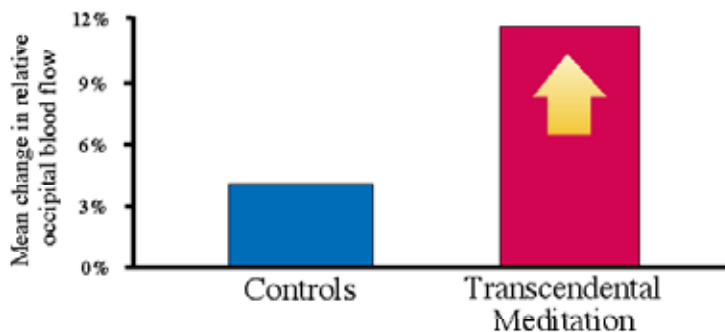
Blood flow changes according to the body's needs in different circumstances. About 25% of the blood pumped by the heart goes through the kidneys, another 25% through the liver. The remaining half is divided mostly between the brain and the muscles and skin. During exercise, for example, blood flow to the muscles increases dramatically.

In a series of experiments, researchers at the University of California at Irvine found blood flow to the brain increased significantly during Transcendental Meditation practice — an average of 17% in the frontal and 20% in the occipital regions — compared with a control group who sat with eyes closed.¹⁶

This finding was unusual because (1) blood flow to the brain rarely changes, and (2) the increased blood flow was throughout the cortex, not just to isolated areas. Specific mental activities activate specific areas of the brain, leading to increased blood flow to those areas — but during the Transcendental Meditation technique, the increased blood flow was widespread, in both front and back of the brain, suggesting development of *total* brain functioning.

Increased blood flow to the brain, the researchers stated, is consistent with meditators' reports of increased alertness, as well as such findings as increased creativity and mind-body coordination.

Increased Blood Flow to the Brain
THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



During the Transcendental Meditation technique, blood flow to the brain increases significantly — 17% in the frontal and 20% in the occipital regions. Researchers also found that the internal diameter of the blood vessels actually increased, which they believed contributed to the increased blood flow.¹⁶

500% increase in learning-and-memory hormone

The body produces a hormone called *arginine vasopressin* (AVP) that helps regulate blood flow and blood pressure and aids in many other functions, such as controlling circadian rhythms. It is also linked to learning ability and memory. In fact, synthetic AVP, taken as a nasal spray, is prescribed to reduce effects of senility.

AVP levels in the blood usually do not change. But during the Transcendental Meditation technique, AVP has been measured to rise a remarkable 500%.

This increase of AVP, researchers speculate, may help explain how the Transcendental Meditation technique improves memory and increased learning ability. And this plus other hormonal changes may help explain long-term changes in nervous system functioning that support the growth of higher states of consciousness.¹⁷

These changes in EEG, evoked potentials, blood flow, and hormones indicate that the Transcendental Meditation technique produces a *holistic* effect. It is far more than deep rest. It creates an entirely new style of neurophysiological functioning.

Significant changes in the first 60 seconds

When you sit down to practice the Transcendental Meditation technique, a number of measurable changes take place *within the first minute* that are significantly different from those that take place when you merely close your eyes and rest. These include:

- a greater reduction in breath rate
- a greater reduction in skin conductance
- a greater increase in respiratory sinus arrhythmia (see page 62)
- a greater increase in EEG coherence.

These changes all reflect the unique state of *restful alertness*. Reduced breath rate and skin conductance and increased respiratory sinus arrhythmia indicate that the body is deeply relaxed. Increased EEG coherence indicates that the mind is settled and alert.

From the outside, people practicing the Transcendental Meditation technique may look as if they are just sitting with their eyes closed. But inside, the difference is enormous — it is the difference between ordinary waking state consciousness and Transcendental Consciousness.

Rejuvenating the body The Uniquely Deep Rest of the Fourth State of Consciousness

COHERENT BRAIN FUNCTIONING may be one dramatic by-product of the Transcendental Meditation technique. But equally important is the unique physiological rest that accompanies it. This unique style of rest, termed *restful alertness*, explains many of the technique's benefits.

Rest allows the body's self-repair mechanisms to function most effectively. Rest is nature's antidote to stress, prescribed by doctors for virtually every disorder. Wherever scientists studying the Transcendental Meditation technique have looked in the body, they have found evidence of a profoundly restful state.

Breath rate slows and may become quiescent

Within a few moments of beginning the Transcendental Meditation technique, breath rate declines naturally, from about 14 to 11 breaths per minute. This indicates a state of deep rest and relaxation — significantly deeper than merely sitting with eyes closed.¹⁸

The technique does not involve trying to control breathing or alter any aspect of physical functioning. The broad spectrum of changes taking place throughout the body, all in concert with one another, comes as a natural by-product of the simple, natural, effortless technique.

At some points, one's body may become so restful that breathing becomes completely quiescent — one of the most intriguing research findings. These periods of breath suspension occur spontaneously and naturally, as a by-product of deep rest. One is relaxed and comfortable; one does not breathe more heavily afterward, as happens after holding one's breath.

In some studies, subjects were asked to press a button whenever they experienced Transcendental Consciousness most clearly, when their awareness felt most settled and expanded. During these periods, breathing is suspended or markedly reduced, while EEG coherence increases. Everything comes together in a correlated manner — deep physical rest, orderly and integrated brain functioning, and the inner experience of Transcendental Consciousness.¹⁹

The autonomic nervous system becomes more relaxed

The autonomic nervous system keeps your body's vital machinery working — heart, lungs, organs, glands. Normally beyond conscious control, it controls homeostasis and keeps your internal systems stable under normal conditions. Under continual pressure, however, the autonomic nervous system can become overexcited, creating anxiety and tension.

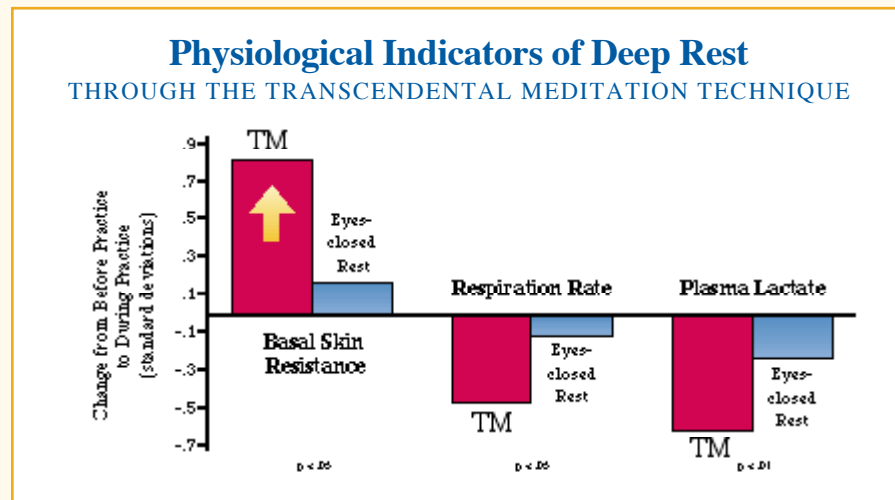
Early research found that while people are practicing the Transcendental Meditation technique, their autonomic nervous systems become more relaxed and stable and remain more stable throughout the day. There are fewer random fluctuations in the system, less background “noise,” and the system recovers from stress more quickly.²⁰

Later research elaborated these findings, analyzing changes in the autonomic nervous system’s two complementary branches:

■ **The sympathetic nervous system (SNS)** acts as the body’s accelerator, activating the body and mobilizing its resources. Though associated with the *fight-or-flight* response, your SNS comes into play when you undertake virtually any action, such as moving your arm to turn this page.

One method of measuring changes in the sympathetic nervous system involves monitoring *skin conductance*, accomplished by attaching two sensors to the palm of the hand and gauging the electrical conductance between them. The concept is simple: When you are anxious, you perspire, and the increased moisture on your palm translates into increased electrical conductance. When you are relaxed, moisture decreases, reducing conductance. Because the sweat glands are activated only by the sympathetic nervous system, this simple measure provides a window into sympathetic nervous system activity.

During Transcendental Meditation practice, skin conductance decreases, indicating that the arousal system is becoming more relaxed.



A meta-analysis of published research on physiological changes during Transcendental Meditation practice — 31 studies in all — found the technique produced a significant decrease in basal skin conductance and a significant drop in respiration rates and plasma lactate levels compared with control subjects who merely rested with their eyes closed. These findings indicate that the TM technique produces a state of profound relaxation. These physiological changes occur spontaneously, as the mind effortlessly settles to the state of restful alertness, Transcendental Consciousness. Meta-analysis is the preferred scientific procedure for drawing objective conclusions from large bodies of research.²¹

The body creates more serotonin — the “well-being” hormone

When you practice the Transcendental Meditation technique, research suggests, your body produces more serotonin, a biochemical associated with rest, repair, and recuperation.

As serotonin increases, you experience relaxation, contentment, well-being. Serotonin also helps transmit messages from one nerve cell to another, helps your body adapt to change at all levels, and helps regulate such bodily functions as respiration, heart rate, blood pressure, and body temperature.

Chronic stress reduces serotonin production. Low serotonin is linked to hypertension, cardiovascular disease, depression, anxiety, aggression, criminality, drug abuse, even the inability to hold a job or sustain a marriage. Suicide victims typically have unusually low serotonin. High serotonin, on the other hand, is linked to good health and to leadership and success.

During practice of the Transcendental Meditation technique, indications of serotonin availability and use increase significantly — and tend to be generally higher in Transcendental Meditation program participants than in the general population.²²

Transcendental Consciousness in the Vedic Literature

“**Ā**tmā, the Self, has four conditions.

“The first condition is the waking life of outward-moving consciousness. . . .

“The second condition is the dreaming life of inner-moving consciousness. . . .

“The third condition is the sleeping life of silent consciousness when a person has no desires and beholds no dreams. . . .

“The fourth condition is Ātmā in his own pure state: the awakened life of supreme consciousness. It is neither outer nor inner consciousness, neither semi-consciousness, nor sleeping-consciousness, neither consciousness nor unconsciousness. [It] cannot be seen or touched, [it] is above all distinction, beyond thought and ineffable. In the union with him is the supreme proof of his reality. . . . [It] is peace and love.”²⁴

— Māṇḍūkya Upanishad



■ **The parasympathetic nervous system (PNS)** acts as a brake, deactivating the body and restoring energy — the *rest and digest* response.

One method of monitoring parasympathetic activity involves comparing changes in the relation between heart rate and breath rate, both governed by the parasympathetic nervous system. Heart rate normally speeds up as we inhale and slows down as we exhale, a phenomenon called *respiratory sinus arrhythmia* (RSA). A healthy person shows a greater contrast in heart rate between inhaling and exhaling and thus a higher RSA amplitude. The more settled and balanced your physiology, the higher your RSA.

During Transcendental Meditation practice, RSA amplitude increases — and reaches its peak during periods of deepest transcending. This indicates the body’s restoration system is becoming more active and its ability to adapt to outer demands has increased. Fundamentally, it suggests the body is more deeply connected with its inner intelligence.

Taken together, these two measures, skin conductance and respiratory sinus arrhythmia, give us a picture of a more balanced and stable autonomic nervous system — and further evidence that Transcendental Consciousness is a fourth major state of consciousness.

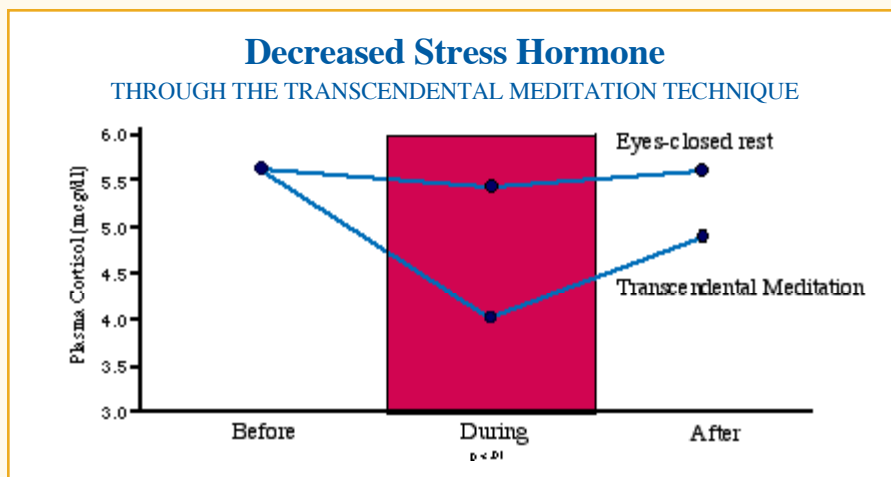
What happens if you simply close your eyes and rest? Your autonomic nervous system will settle down, slowly and gradually. In contrast, when one begins the Transcendental Meditation technique, marked changes occur within the first minute — and are much more pronounced. There is a clear transition into a physiologically different pattern, one that maintains itself for the entire meditation session. When you meditate, therefore, your body does more than just settle down. It is as if you flip a neural switch, triggered by transcending, the shift to the fourth state of consciousness.²³

Cortisol and blood lactate decline

Even the composition of the blood changes markedly. For example, the stress hormone *cortisol* drops sharply during Transcendental Meditation practice — by more than 50%. Merely sitting with your eyes closed, in contrast, brings little or no change.

What’s the significance of this? In stressful situations, cortisol rises, pumping up the energy available for emergency action. If cortisol remains excessively high, it sets off a chain of undesirable effects in the body. It keeps blood pressure elevated, disrupts the body’s protein balance, weakens the immune system, promotes overweight, and even destroys brain cells, sowing the seeds of disease and aging. Low cortisol, on the other hand, generally indicates low stress and tension and increased relaxation.

Research shows that when people practice the Transcendental Meditation technique, their blood cortisol levels drop markedly, and their cortisol levels



Cortisol is a hormone in the bloodstream that the body produces in large concentrations during stress, fasting, or dehydration. This study found that people who had been practicing the Transcendental Meditation technique for three to five years showed a significant reduction in cortisol during meditation, and significantly lower levels during the Transcendental Meditation technique compared with control subjects who were resting with their eyes closed.²⁵

remain lower outside of meditation in comparison to the general population. The more years they meditate, moreover, the lower their cortisol levels become. This finding offers one of the clearest scientific indications that the Transcendental Meditation program reduces stress.²⁵

Lactic acid or lactate in the blood, a waste by-product of metabolism, also declines sharply when you practice the technique, much more so than if you just rest with your eyes closed. High levels of lactic acid correlate with anxiety, tension, and high blood pressure. This marked drop in lactic acid also indicates that your body is resting deeply and metabolizing more efficiently.²⁶

Muscles become deeply relaxed

The muscles also become very relaxed during Transcendental Meditation practice. The muscle tissue's normal background electrical activity drops sharply, far more than during ordinary rest.²⁷

But researchers discovered something more — and surprising. Ordinarily, your muscle tissue consumes oxygen and produces carbon dioxide in the process of burning fats and carbohydrates to release energy. This carbon dioxide, excreted into your blood stream, travels to your lungs and then into the atmosphere when you exhale. But during the Transcendental Meditation technique, your muscles shift to a new way of oxidizing fats:

- muscle tissue does not consume external oxygen
- muscle tissue stops creating carbon dioxide.

This indicates that your system has become much more self-sufficient.²⁸

Deep rest even in the red blood cells

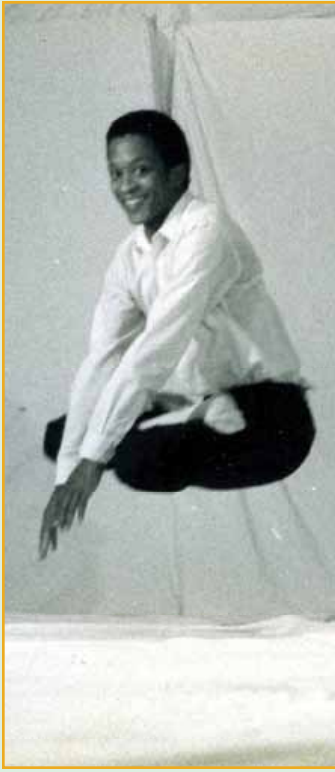
The red blood cells show markedly lower metabolic activity during the Transcendental Meditation technique.

This is striking for several reasons. First, it clearly indicates *biochemical* relaxation — the cells are becoming more relaxed.

Second, it shows a slowing of the aging process at the cellular level. Just as revving a car engine burns fuel inefficiently and wears out the engine, an excited or “revved up” physiological system ages more quickly — the body burns up its own cells and produces more free radicals (the molecular by-products of energy production that cause many diseases). When the red blood cells shift to a restful state, in contrast, it signals the whole body “down-shifting” to a state of rest and repair.

But this finding opens a mystery. Red blood cells float freely through the circulatory system — no nerves connect to them. So what causes them to shift to a state of rest during the Transcendental Meditation technique?

Researchers speculate that, in Transcendental Consciousness, the body produces more of some hormone or other circulating substance that brings rest to the entire system.²⁹



Maximum Coherence at the Point of Liftoff — Yogic Flying and Brain Functioning

NOW LET'S ADD THE ADVANCED TM-SIDHI PROGRAM to the practice of the basic Transcendental Meditation technique and see what happens with brain functioning — especially during Yogic Flying.

Envision a subject in a laboratory, sitting this time not in a chair but on a large sheet of foam rubber covered with a cotton sheet. The subject is outfitted with the same EEG electrode cap, instructed to practice the Transcendental Meditation technique for five minutes to establish a baseline EEG reading, and then to begin the Yogic Flying aspect of the TM-Sidhi program.

A few moments after beginning Yogic Flying, the subject begins hopping upward from the foam. The EEG machine shows that, at the points when his body lifts up in the air, EEG coherence peaks across a wide range of brainwave frequencies — more powerfully than during the Transcendental Meditation technique. This indicates that his brain is functioning in a state of maximum orderliness and integration.

An entirely different brain state

To focus in on the nature of this coherent functioning, researchers have tracked the brain's activity during two-second intervals prior to lifting off — at six seconds, four seconds, and two seconds. During the two-second period just prior to each liftoff, one's brain state changes dramatically, as coherence reaches its peak. The brain shows a markedly different, more orderly style of functioning during this two-second interval than at four and six seconds before liftoff.³⁰

This change in brain state supports the Yogic Flyers' subjective reports that just before liftoff, there is a distinctive change in *consciousness* — a shift into the fourth state, Transcendental Consciousness. As a natural result, brain functioning becomes more settled and orderly and brainwave coherence increases. This settled awareness and heightened EEG coherence in turn forms the platform on which the Sidhi phenomena, including Yogic Flying, take place.

The whole activity of Yogic Flying, therefore, emerges from an entirely different brain state than our typical waking activity. This suggests that Yogic Flyers access a much deeper and more powerful level of consciousness and project thought and action from there — a level at which mind and body, silence and dynamism, are more profoundly coordinated.

In Chapter 6, we will see how the TM-Sidhi program and Yogic Flying accelerate the growth provided by the Transcendental Meditation technique.



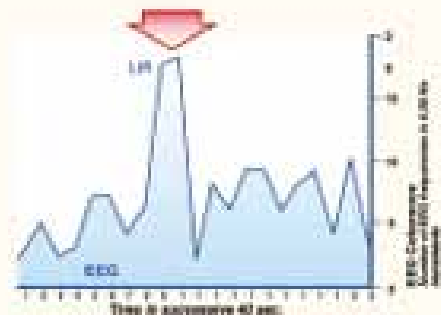


Yogic Flying — stirring the field of pure consciousness

Because heightened EEG coherence is correlated with the inner experience of Transcendental Consciousness, the finding of increased EEG coherence at the point of liftoff confirms objectively that during practice of the TM-Sidhi program, one's mind functions from the field of pure consciousness, the mind's most powerful level.

This finding supports the theory that during Yogic Flying, one enlivens the field of pure consciousness and begins to function from this deepest level of Natural Law.³⁰

EEG coherence increases at the point of liftoff



Scientists measure the changes in brain functioning of a Yogic Flyer. During the 2-second interval immediately prior to liftoff, they observe a marked shift toward greater brainwave coherence — indicating the phenomenon of liftoff emerges from an entirely different brain state. Similar measurements of non-meditators who jumped from a sitting position did not show these increases in EEG coherence.³⁰



Differences between Yogic Flying and simulated hopping

As part of a television report on Yogic Flying, the producer had gymnasts watch a video clip of Yogic Flying and then asked the gymnasts to simulate the same thing. They became fatigued within moments. In fact, scientific research has identified three key differences between Yogic Flying and simulated hopping:

Simulated hopping without practicing Yogic Flying

1. One quickly becomes fatigued, as trained athletes who have attempted this have discovered.
2. One's brain will not display the unique coherent activity that characterizes Yogic Flying.
3. The alpha activity in one's brain, present only during periods of restful alertness, will become suppressed, indicating that one is exerting effort.

Hopping as a result of Yogic Flying

1. Yogic Flyers can continue hopping for long periods, feeling more exhilarated and energized than when they started.
2. Yogic Flyers display a remarkably high level of coherent brain functioning, with maximum coherence at the point of lift-off — indicating that the brain is using more of its full potential.
3. Alpha power is significantly higher during Yogic Flying, across all brain areas, indicating that restful alertness is being maintained even during activity of mind and body — a sign of development of consciousness.³¹



Experience changes the brain

Developing the Total Brain

EVERY EXPERIENCE YOU HAVE CHANGES YOUR BRAIN. The sight of snow falling, the smell of a pine, the sound of a car's horn — everything you think, see, and do modifies your brain's structure and function.

The brain's wiring is only approximate when we are born. This initially coarse pattern of connections becomes refined through the experiences we have as we grow.

Specific types of activity enliven specific areas of your brain. As you read this sentence, blood flows to those areas of your brain involved in reading. Writing, saying, or thinking the sentence enlivens other regions. Different kinds of experiences build up different connections among neurons. With every experience, neurotransmitter levels increase or decrease, receptors are replaced, neural connections are strengthened or weakened. If you study music, you shape a different kind of brain than if you study physics.

Conversely, if we fail to have certain kinds of experiences, our brains may not develop properly. Baby cats raised in an environment with only vertical lines will be physically unable to see horizontal lines as adults — the appropriate connections in the brain will have withered away. If human babies are born with cataracts that are not removed immediately, the part of the visual field blocked by the cataracts will atrophy and never develop.³²

There is nothing wrong with enlivening specific parts of the brain, in Maharishi's view. But one must also take care to enliven the total brain.

The failure of education

This is where modern education fails, Maharishi emphasizes. Students focus on specific subjects and develop specific aspects of brain functioning — but the total brain remains undeveloped. Even the most “well rounded” education consists only of specific experiences and therefore cannot develop the total brain. Lacking access to their total creative potential, students do not learn to function in accord with Natural Law. They make mistakes and create suffering. Here is the single source of all social problems.

Only one kind of experience, Maharishi asserts, develops total brain functioning. That is the experience of *total consciousness* — unbounded awareness, Transcendental Consciousness, the brain's simplest, most natural, most wide-awake state. Without this experience, total brain functioning does not develop.

The Transcendental Meditation technique opens this experience to everyone, while the TM-Sidhi program and Yogic Flying train the mind to think and act within this optimal state.

Holes in the brain

In some people, key areas of the brain are simply not used — which results in disorderly thinking and behavior.

In most cases, these regions are not physically missing — they are simply not available to participate in brain functions that support thinking and acting.

These areas show up in modern brain neuroimaging technology as *functional holes* in the brain because they appear to be inactive — and hence, for all practical purposes, not there.

Violent criminals — even teenagers at-risk for violence — often show such brain patterns. One brain area that exhibits functional holes is the frontal region, the *executive control center*, crucial for reasoning and decision-making, goals and strategies, and moral reasoning.

These functional holes in the brain can result from chronic stress, substance abuse (alcohol, cigarettes, and drugs), and physical or psychological abuse during childhood.

By enlivening the total brain and activating under-used brain resources, the Transcendental Meditation technique naturally and effectively counteracts this imbalance in brain functioning and personal behavior. (More in Chapter 22)



Coherent brain functioning — 24 hours a day

What happens when your brain has the chance to function in a highly orderly and coherent manner twice each day — when the brain has the experience of transcending day after day?

With regular practice of the Transcendental Meditation and TM-Sidhi programs, the brain becomes increasingly accustomed to this coherent style of functioning. EEG coherence spreads across frequency bands and lasts for longer periods, not only during meditation but afterward. Your brain begins to maintain this coherence even outside of meditation.³³

This greater brainwave coherence during the day indicates that you have access to more of your brain's unbounded potential at all times — at school, at work, at home. Your brain is waking up — and remaining awake.

This is what makes the heightened brainwave coherence during Yogic Flying so interesting and valuable. This increased coherence and alpha activity occur during dynamic activity — that is, during the hopping characteristic of the first stage of Yogic Flying.

This shows that Transcendental Consciousness is becoming a stable, permanent feature of your brain's functioning — it does not fade when your body becomes active, as it does when you first learn the Transcendental Meditation technique. And this in turn indicates that the unbounded potential of your consciousness is lively not only during meditation but during activity as well.

At the same time that your brain functioning is becoming more coherent, the deep rest you gain during the technique is enabling your body to dissolve deep-rooted stress and fatigue. When one experiences this unique, restfully alert state twice daily, on a regular basis, over time one reaches a natural state in which:

- The brain maintains highly coherent and integrated functioning throughout the day.
- The body is free of stress.
- The mind maintains the experience of pure consciousness along with regular activity.

This brings us to a fifth major state of consciousness, termed *Cosmic Consciousness* by Maharishi. Cosmic Consciousness represents the first stage of what Maharishi calls *enlightenment*. Let us now turn to Cosmic Consciousness — and to states of consciousness higher still. Then we will look at the wealth of scientific research showing how higher states of consciousness develop through the ancient technologies of consciousness that Maharishi has brought to light.

Waking Up from the Waking State — Higher States of Consciousness

EVERY 24 HOURS, WE VOYAGE among three very different worlds, each more thoroughly distinct from the others than any fantasy novel world is from our own. These are the worlds of waking, dreaming, and deep sleep.

Waking, dreaming, and deep sleep form our three familiar states of consciousness. Why is each a different world? Because the way we experience ourselves and our surroundings changes so radically as we move from one state to another:

- In **deep sleep**, the least awakened state of consciousness, we have no experience, no self, no world. Deep sleep brings complete mental inertia.
- The **dream state** brings some degree of wakefulness — but the dream world is illusory. Anything can happen. Knowledge is unpredictable, unreliable.
- In the **waking state**, the most wakeful of these three, we perceive our familiar world of people and things.

We cycle through these three states day after day, paying little mind to the profound changes our consciousness undergoes — and little suspecting we can experience anything beyond this. Most people have no idea they can enjoy states of consciousness indescribably richer, more powerful, more fulfilling — and more natural — than the three everyday states.

It's as if we live in a house with three rooms, never imagining there is any other place to live, never dreaming our house is but a hut, a mere entryway to a palace of unimaginable magnificence.

The millions are
awake enough
for physical labor; but
only one in a million
is awake enough for
effective intellectual
exertion, only one in
a hundred million to a
poetic or divine life. To
be awake is to be alive.
I have never yet met
a man who was quite
awake.”¹

— Henry David
Thoreau (1817–
1862), American
writer



What Are the Highest Levels of Human Development?

ACCORDING TO MODERN PSYCHOLOGY, our mental development peaks at adolescence, about 16 or 17, when most of us develop the ability to reason abstractly. Certainly we continue gaining knowledge and experience as we grow older. We may discover new skills, new perspectives. A rare few may develop that venerated quality known as wisdom. But beyond adolescence, according to modern psychology, we make no major shifts in cognitive growth. Indeed, intelligence typically begins a long, slow decline.

But now we have a new understanding. The Vedic tradition of knowledge that Maharishi has brought to light offers complete knowledge of Natural Law and complete knowledge of human development. From this platform, the common “adult” level of development forms only the starting point for the growth of our full, unbounded potential — growth to levels vastly beyond anything modern psychology has conceived.

In Maharishi’s analysis, human development consists of *seven states of consciousness*. Beyond waking, dreaming, and sleeping, there are four higher states of consciousness — “higher” in that each one brings a dramatic expansion of our knowledge and experience, of ourselves and the world around us. As we develop higher states of consciousness, we develop maximum creativity and intelligence based on perfect physiological integration and balance. Gaining higher states of consciousness means gaining increasing support of Natural Law, culminating in complete mastery of Natural Law — the ability to know anything, do anything, and accomplish anything.

A scientific understanding of the full range of human development

Each of these higher states, Maharishi emphasizes, represents a natural capacity of the human mind and body. Great men and women throughout history have described momentary glimpses of each of these higher states of consciousness — Plato, Plotinus, St. Augustine, St. Teresa, Wordsworth, Emerson, Thoreau, Emily Dickinson, Einstein, and many others. They regarded these glimpses as the supreme moments of their lives, the moments by which everything else would be measured.

Yet these glimpses were rare, fleeting, and unpredictable — these people had no systematic technique for inducing the experience at will or developing higher states of consciousness as a permanent reality of their lives. Nor does modern psychology provide any framework for understanding these magnificent experiences. They fall outside the standard paradigm of human development and remain, for the most part, unknown.

**The seven states of consciousness —
states of ever-increasing wakefulness**
with traditional Vedic Sanskrit names

- 7. Unity Consciousness**
Brāhm̐ Chetanā
- 6. God Consciousness**
Bhagavad Chetanā
- 5. Cosmic Consciousness**
Tur̐yāt̐ Chetanā
- 4. Transcendental Consciousness**
Tur̐ya Chetanā
- 3. Waking State**
Jāgrat Chetanā
- 2. Dreaming**
Swapn Chetanā
- 1. Deep Sleep**
Sushupti Chetanā

The Vedic understanding of human development that Maharishi brings to light, however, expects and predicts such experiences. Maharishi's teaching brings clarity, structure, and completeness to the understanding of higher levels of human consciousness and places it in the arena of empirical research.

In this chapter, we survey the four higher states of consciousness, which Maharishi has termed Transcendental Consciousness, Cosmic Consciousness, God Consciousness, and Unity Consciousness. Each of these higher states of consciousness forms a progressive stage of what Maharishi terms *enlightenment*, the supreme blossoming of our innate creativity and intelligence.

A vast body of scientific research has objectively confirmed the immense practical value of the Transcendental Meditation and TM-Sidhi programs in accomplishing these goals. Millions of people around the world are using these technologies and enjoying the enormous practical benefits that come with development of higher states of consciousness.

“**O**ur normal waking consciousness, rational consciousness, as we call it, is but one special type of consciousness, whilst all about it, parted from it by the filmiest of screens, there lie potential forms of consciousness entirely different.”²

— William James
(1842–1910),
father of modern
psychology



“Only complete knowledge can be fulfilling”

“The system of education should produce an educated man, a man of knowledge, a man of achievement, a man of fulfillment, because knowledge is the basis of action, action the basis of achievement, achievement the basis of fulfillment. So the whole story of fulfillment hangs on the peg of knowledge. Knowledge has to be profound, complete. Only complete knowledge can be fulfilling. Otherwise, if knowledge is incomplete, aspirations will always run in the direction of completing it. Life will always be seeking, advancing, marching, without locating the goal.”³ — Maharishi



How Do States of Consciousness Differ from One Another?

MAHARISHI HAS PUT FORWARD two fundamental principles for understanding states of consciousness, and higher states of consciousness in particular:

Knowledge is different in different states of consciousness

Maharishi points out that *knowledge is structured in consciousness* — that the state and quality of our consciousness determines the way we know and experience ourselves and the world around us.

It is our common experience that when our state of consciousness changes, our knowledge changes with it — our *world* changes. When we fall into deep sleep, all experience ceases, while dreaming brings illusory experiences and waking involves our everyday modes of perception. Thus knowledge differs in different states of consciousness.

This holds true for higher states of consciousness as well. With each higher state, Maharishi has shown, a new world of knowledge and experience opens.

Maharishi further points out that knowledge is the basis of action, action the basis of achievement, and achievement the basis of fulfillment. If we want complete fulfillment, therefore, we must have complete knowledge. And complete knowledge, Maharishi emphasizes, becomes possible only when consciousness is fully developed, only in the highest state of consciousness. Because knowledge is structured in consciousness, complete knowledge is available only when consciousness is fully awake.

Each state of consciousness has its own corresponding state of physiology

As you shift from one state of consciousness to another, the functioning of your body shifts as well. Each state of consciousness has its own unique physiological “signature.” A trained physiologist can tell whether you are awake, dreaming, or asleep simply by measuring your oxygen consumption, brain-wave activity, and so on.

Maharishi extends this principle to higher states of consciousness. As we develop higher states, our physiological functioning changes. Our nervous systems become significantly more refined — that is, capable of reflecting more refined experience. Indeed, he explains, this is the only way higher states of consciousness *can* develop. Gaining higher states of consciousness, therefore, does not involve adopting new ideas, attitudes, or moods, Maharishi emphasizes. It involves improvements in the way our neurophysiological machinery functions.

The fourth state **Transcendental Consciousness — Consciousness Aware of Itself as Unbounded Awareness**

MAHARISHI COMPARES THE MIND TO AN OCEAN: Our perceptions, thoughts, and feelings resemble waves on the ocean of consciousness. Like an ocean, the mind is ordinarily in constant movement — our minds are constantly being stirred by perceptions and thoughts, much as the ocean is constantly being swept into waves by winds and currents. Our minds are constantly in a state of excitation.

But like an ocean, the mind can settle down. It can become calm and quiet. It can reach a state of perfect silence. This is Transcendental Consciousness.

As your mind settles into Transcendental Consciousness, it does not fall asleep. Just the opposite — it becomes more awake. Awake to itself, awake to its own inner nature. When the waves on the ocean settle down, the limitless surface and depth of the ocean become evident. When the waves of mental activity settle down, you experience consciousness as it really is, before it becomes engaged in the boundaries of thoughts and perceptions. Consciousness in its pure state is unbounded, infinite. Transcendental Consciousness brings the experience of what Maharishi calls *unbounded awareness*.

Maharishi describes Transcendental Consciousness as “the simplest form of human awareness,” “the state of least excitation of consciousness.” It is the most intimate, most natural, most personal experience you can have — the experience of your self in its purest form. Because it is your fundamental self, he writes it as *Self*, with an uppercase “S.”

The source of thought and the source of Natural Law

In Transcendental Consciousness, your mind fathoms the pure, unbounded continuum of pure consciousness, the source of all thought, a reservoir of pure, unlimited creativity, energy, and intelligence. This, Maharishi explains, is *Ātmā*, the ocean of pure knowledge, power, and bliss, the field of *total knowledge*. It is what religions describe as the light of God within. It is the cosmic Self of everyone. No other experience fills the mind with greater happiness or fulfillment.

When you experience this inner field, Maharishi explains, your mind becomes infused with the boundless creativity, intelligence, and energy of pure consciousness, just like a sponge soaking up water. As a result, your thoughts become more intelligent and powerful and your actions more dynamic and successful.

The physiology of Transcendental Consciousness

Every state of consciousness has its own unique style of physiological functioning. When you experience the fourth state of consciousness during the Transcendental Meditation technique, your body shifts to the style of functioning unique to that state. Key features:

Heightened wakefulness

- increased alpha activity (restful alertness)
- increased coherence in brain functioning
- mobilization of the brain’s latent reserves
- increase in the brain’s processing speed
- increased blood flow to the brain

Deep physical rest

- reduced breath rate
- reduced heart rate
- increased stability of the autonomic nervous system
- reduced metabolism in muscles and red blood cells
- decreased cortisol and lactate in the blood
- increased serotonin

“It is simple to open our awareness to this state of transcendence”

“The unified field is the unmanifest basis of the whole creation, the creator and governor of the whole universe. Through Transcendental Meditation it is simple to open our awareness to this state of transcendence. Spontaneously, the conscious mind identifies itself with the self-referral unified field, the fountain-head of all the streams of activity in nature. As we gain more and more familiarity with that self-referral performance, our thoughts and actions spontaneously begin to be as orderly and evolutionary as all the activity of nature.”⁴ — Maharishi



Pure consciousness, moreover, is identical with the Unified Field. To experience pure consciousness is to experience the Unified Field, the total potential of Natural Law. When your mind settles to its most silent state during the Transcendental Meditation technique, Maharishi observes, the total potential of Natural Law becomes lively in your awareness. As a result, thought and action come into accord with Natural Law.

As the mind settles down, the body settles down to a state of extremely deep rest. In this state, stress, strain, and fatigue spontaneously dissolve. Your nervous system purifies and balances itself, so that it functions in a more refined and integrated way.

Most striking are the changes in brain functioning, as we saw in Chapter 4. As your mind transcends and becomes increasingly awake and alert, your brain functions more coherently. Brainwaves from various regions of the brain become synchronized, indicating increased alertness and wakefulness. So spontaneous is the process that we could call it *falling awake*. You enjoy a state of pure inner wakefulness. The full depth of your mind is now lively and awake within itself. This is what the Transcendental Meditation technique accomplishes — simply, naturally, and effortlessly.

Gaining true Self-knowledge

The experience of Transcendental Consciousness solves a centuries-old philosophical dilemma — *how can the knower know himself?* In the ordinary waking state, the best you can do is think about yourself — you cannot know yourself directly.

The Transcendental Meditation technique, on the other hand, effortlessly allows you to *transcend* thinking. Your mind moves beyond thoughts, feelings, and perceptions, leaving consciousness awake and aware of itself alone, aware of its own unbounded, infinite nature. This, Maharishi holds, is the most fundamental experience of consciousness. This is true Self-knowledge. Your knowledge of your Self becomes complete.

Maharishi compares pure consciousness to the white screen in a movie theater. In a theater, we are ordinarily aware only of the movie, the ever-changing images and actions on the screen. We are not normally aware of the screen that makes it possible to see the movie in the first place. So too in the ordinary waking state — our minds are caught up in sense impressions, thoughts, and feelings. We are not normally aware of consciousness in its pure, silent state, the “screen” that makes experience possible.

In Maharishi’s analogy, when we transcend the thinking process during the Transcendental Meditation technique, it is as if the images on the movie screen become fainter and fainter, until all that’s left is the pure white screen — pure unbounded awareness. This is the true Self, the ultimate value of the self.

Transcendental consciousness — Self-referral consciousness, the experience of *pure knowledge*

At the basis of all experience, Maharishi points out, we can locate three fundamental components — a knower, a process of knowing, and a known. In reading this book, for example, the knower is you, the process of knowing is the act of reading, and the known is the book. In the ordinary waking state, these three components remain separate and distinct — that is, we are always aware of some external object or some internal thought that is separate from us as knowers. Maharishi describes this as *object-referral* consciousness.

In Transcendental Consciousness, on the other hand, consciousness is aware only of itself, of its own unbounded nature — it is purely *Self-referral*. The three components of experience become unified. As the knower of itself, Maharishi observes, pure consciousness is knower, known, and process of knowing, all at once.

If knowledge is different in different states of consciousness, then what kind of knowledge does one gain in Transcendental Consciousness? Maharishi describes Transcendental Consciousness as a state of pure knowingness, *pure knowledge* — the knowledge that comes from consciousness knowing itself.

Stronger and more stable day by day

When we first learn the Transcendental Meditation technique, our experience of pure consciousness may be delicate and momentary, because the nervous system has not become sufficiently free of stress to sustain the experience. With regular practice of the Transcendental Meditation technique, the stress in the body systematically dissolves. As a result, our experience of pure awareness grows stronger and more stable. The TM-Sidhi program, including Yogic Flying, greatly accelerates this process.

Maharishi compares this process to the traditional method of dyeing cloth. You dip the cloth in a bowl of yellow dye, then expose it to sunlight. Most of the yellow fades. You dip the cloth into the dye again, and again expose it to the sun. The color again fades — but this time a bit more yellow remains. As you repeat this process, the yellow eventually becomes colorfast.

When you practice the Transcendental Meditation technique, your mind becomes infused with the infinite creativity and intelligence of pure consciousness — analogous to dipping the cloth in the dye. When you come out into activity after meditation, you allow this creativity and intelligence to become stabilized in your awareness — analogous to exposing the cloth to the sun. Thus Maharishi's simple formula for gaining higher states of consciousness is *meditate and act* — practice the Transcendental Meditation technique, then engage in dynamic and life-supporting activity. With this, we spontaneously develop even higher states of consciousness.

The fourth state of consciousness in the Vedic Literature

“**W**hen a wise man has withdrawn his mind from all things without, and when his spirit of life has peacefully left inner sensations, let him rest in peace, free from the movements of will and desire. . . . Let the spirit of life surrender itself into what is called *Tur̥ya*, the fourth condition of consciousness. For it has been said: There is something beyond our mind which abides in silence within our mind. It is the supreme mystery beyond thought. Let one's mind . . . rest upon that and not rest on anything else.”⁵ — Maitr̥ya Upanishad



“A state of inner wakefulness”

“The Transcendental Meditation technique is an effortless procedure for allowing the excitations of the mind gradually to settle down until the least excited state of mind is reached. This is a state of inner wakefulness with no object of thought or perception, just pure consciousness aware of its own unbounded nature. It is wholeness, aware of itself, devoid of differences, beyond the division of subject and object — transcendental consciousness. It is a field of all possibilities, where all creative potentialities exist together, infinitely correlated but as yet unexpressed. It is a state of perfect order, the matrix from which all the laws of nature emerge, the source of creative intelligence.”⁸

— Maharishi



Everyone on earth has the natural ability to experience the fourth state of consciousness, Transcendental Consciousness

With a few hours of instruction in the Transcendental Meditation technique, you can experience this simple, natural state whenever you wish. Here is how one person describes her first experience of this state:

“I distinctly recall the day of instruction [in the Transcendental Meditation technique], my first clear experience of transcending. Following the instructions of the teacher, without knowing what to expect, I began to drift down into deeper and deeper levels of relaxation, as if I were sinking into my chair. Then for some time, perhaps a minute or a few minutes, I experienced a silent, inner state of no thoughts, just pure awareness and nothing else; then again I became aware of my surroundings. It left me with a deep sense of ease, inner renewal, and happiness.”⁶

As we shift from deep sleep to dreaming to waking, we become increasingly wakeful. So too as we shift to the fourth state of consciousness. In the ordinary waking state, Maharishi explains, only the mind’s surface is awake. In Transcendental Consciousness, the full range of the mind is awake, including its silent foundation, pure consciousness. Here is how another person describes his first experience of this simple, natural state:

“I will never forget the first experience I had of the Transcendental Meditation technique. I closed my eyes, began practicing this simple, natural technique, and spontaneously began to laugh. The movement of my awareness from the active level to the field of silence within myself was like diving into a pond of pure joy. I felt so much happiness; the laughter just bubbled up automatically. And after this first meditation, driving home that night, I remember thinking, ‘So this is me! This is the reality of who I am.’ I felt a quality of contentment and peace that I had never known before.”⁷

Remarkable as it is, Maharishi emphasizes, Transcendental Consciousness forms only the beginning, only the entryway or “bridge” into still higher states of consciousness.

The fifth state **Cosmic Consciousness — Unbounded Awareness as a Permanent Reality**

IF WE CAN BECOME FULLY AWAKE FOR SHORT PERIODS, as we do in Transcendental Consciousness, can we remain awake permanently? The answer is, we can. And with repeated experiences of Transcendental Consciousness, we do.

When one first learns to meditate, one typically experiences Transcendental Consciousness only for brief moments. One experiences Transcendental Consciousness *separate from* waking, dreaming, and sleeping. After one meditates, the mind becomes active in waking state consciousness again, absorbed in perceptions, thoughts, and feelings. But as one continues to experience the fourth state regularly, Maharishi explains, two things happen:

- One's body becomes increasingly free of stress.
- One's mind becomes increasingly familiar with the experience of pure consciousness, unbounded awareness.

Both of these progress hand in hand. The less stress in the body, the more unbounded awareness one can experience (stress creates “noise” in the nervous system and hides the natural experience of unbounded awareness). And the more unbounded awareness one experiences, the more deeply one's body can rest. With this, more deeply-seated stresses are spontaneously dissolved.

With regular practice of the Transcendental Meditation technique, Maharishi explains, one's mind gradually becomes so familiar with self-referral functioning that one begins to maintain the experience of pure consciousness for longer periods — first during meditation and then, gradually, outside of meditation as well. At the same time, the body becomes increasingly free of stress. It functions as it was designed to function. Once completely free of stress, Maharishi explains, the physiology is so stable and flexible that stress cannot accumulate — incoming stress is instantly neutralized.

24-hour bliss — Transcendental Consciousness along with waking, dreaming, and sleeping

With continued practice of the Transcendental Meditation technique, Transcendental Consciousness gradually becomes a permanent feature of one's experience, until it forms an underlying continuum that coexists with waking, dreaming, and deep sleep. Waking, dreaming, and sleeping come and go as usual, Maharishi states, but a new dimension has been added — unbounded

The physiology of Cosmic Consciousness

In Cosmic Consciousness, Maharishi explains, one experiences Transcendental Consciousness along with waking, dreaming, and sleeping.

This requires the nervous system, with its immense flexibility, to maintain a dual style of physiological functioning: that of Transcendental Consciousness and that of waking, dreaming, and sleeping.

Growth of Cosmic Consciousness through Transcendental Meditation practice is indicated by:

- heightened wakefulness and alertness, shown by increased coherence in brain functioning throughout the day
- access to greater brain resources
- more restful style of physiological functioning throughout the day (lower heart rate and breath rate)
- faster recovery from stress
- greater stability of the autonomic nervous system through the day
- more normal physiological functioning, indicated by less stress, improved performance of the nervous system, better overall health.

“The small individual mind grows to the status of cosmic mind”

“The reward of bringing the mind to this state is that the small individual mind grows to the status of the cosmic mind, rising above all its individual shortcomings and limitations. It is like a small business man becoming wealthy and reaching the status of a multimillionaire. The losses and gains of the market, which before used to influence him, now have no effect upon him and he rises quite naturally above their influence.”⁹

— Maharishi



awareness as a permanent, continuous, unbroken background to all experience. Inner silence is never lost. This represents a fifth state of consciousness, Cosmic Consciousness.

This experience is made possible by a unique dual mode of physiological functioning, Maharishi explains. The style of functioning responsible for sustaining the experience of Transcendental Consciousness coexists with the styles of functioning responsible for waking, dreaming, and deep sleep.

If Transcendental Consciousness means waking up from the waking state, Cosmic Consciousness means staying awake. One’s mind remains fully awake within itself at all times. The silent source of the mind — *Ātmā*, the ocean of pure knowledge, power, and bliss — remains ever lively inside. Maharishi describes Cosmic Consciousness as a state of *24-hour bliss*.

Life in accord with Natural Law means life supported by Natural Law

Cosmic Consciousness also means that the total potential of Natural Law is fully awake in your awareness. Your mind is ever open to the source of Natural Law, Nature’s infinite intelligence, the Unified Field of all the Laws of Nature. This means that everything you do is automatically in harmony with Natural Law. Naturally and spontaneously, Nature’s limitless intelligence infuses and guides your every thought, word, and action.

The result: We no longer make mistakes. We no longer create stress or suffering, either for ourselves or for others. Everything we do spontaneously brings maximum nourishment to everyone and everything around us.

When we think and act in harmony with Natural Law, we gain an additional benefit. Nature *supports* our desires and our desires are spontaneously fulfilled. In cosmic consciousness, when we set out to accomplish something, we encounter no resistance from the environment — only support.

The normal state of human life

Cosmic Consciousness represents complete inner freedom, fulfillment, and self-realization. It does not mean having some new kind of thought, some additional mental activity. It means simply that the unmanifest, unbounded, infinite, and eternal field of pure consciousness, once hidden by waking, dreaming, and sleeping, no longer remains hidden. Unbounded awareness becomes the eternal background of all experience.

Cosmic Consciousness brings unimaginable enrichment to life. At the same time, nothing could be more simple or natural. The experience of growing Cosmic Consciousness is natural, normal, and enjoyable. Cosmic Consciousness, Maharishi emphasizes, is the normal state of human life — and it begins developing from one’s first meditation forward.

Experiences of growing Cosmic Consciousness

Here is how participants in the Transcendental Meditation program describe the natural experience of growing Cosmic Consciousness:

“More often in activity, I am aware of a silent aspect of my Self which seems to be unaffected by the change and challenges of daily life. This part of me, when I recognize it, seems to fill me with thrills of happiness that lend a kind of non-attached perspective to my activity.”¹⁰

“Gradually over the years, as the experience of pure consciousness became increasingly familiar in meditation, I began to experience it not just as a state with no thought but rather as having no boundaries; then as unbounded, beyond the limitations of my individuality; then as the unbounded, unchanging essence of my existence. . . . Also there is less of a contrast between activity and meditation. Sometimes during the day with varying degrees of clarity, my awareness is this unbounded wholeness of my Self, quietly accompanying the thoughts and feelings in my daily life. It is not a mood or conception about myself, it is a natural state in which I am myself more fully.”¹¹

“The light never goes out deep within” — witnessing sleep

As the experience of pure consciousness comes to coexist with waking, dreaming, and sleeping, the inner field of pure consciousness becomes the silent, unbounded, never-changing observer or witness to our daily experiences, to the ever-changing states of waking, dreaming, and sleeping. This phenomenon is termed *witnessing* by Maharishi. A notable feature of growing Cosmic Consciousness is *witnessing sleep* (see “Inner Wakefulness During Sleep” in the next chapter for more detail). We sleep as usual, but deep inside, the Self, pure consciousness, is awake:

“My attention softly goes within [when I fall asleep]. I become less and less aware of my surroundings, less and less aware of thoughts. At some point, all melts away. I stop experiencing everything except pure clarity. It’s crystal clear alertness inside. Time doesn’t exist. The light never goes out deep within.

“Sometimes I’ll wake up in the middle of the night or very early in the morning and realize I’ve been dreaming. If I didn’t have dreams I might think I’d never fallen completely asleep, because the inner alertness is so strong. It really doesn’t seem like I’ve slept, because something inside remained awake.”¹²

The normal state of human functioning

“Cosmic consciousness should not be considered as something far beyond the reach of normal man. The state of cosmic consciousness should be the state of normal human consciousness. Any state below cosmic consciousness can only be taken to be subnormal human consciousness. The human mind should be a cosmically conscious mind.”¹³ — Maharishi

“This is the glory of the nature of the Self. Having come back home, the traveler finds peace. The intensity of happiness is beyond the superlative. The bliss of this state eliminates the possibility of any sorrow, great or small. Into the bright light of the sun no darkness can penetrate; no sorrow can enter bliss consciousness, nor can bliss consciousness know any gain greater than itself. This state of self-sufficiency leaves one steadfast in oneself, fulfilled in eternal contentment.”¹⁴

— Maharishi

“Cognition of the finest relative value everywhere”

“When the fifth state of consciousness has been established, when the unbounded awareness is established on the level of the conscious mind, then the perception naturally starts to go deeper. The perception becomes refined, and refined, and refined. A distinct different value of perception will be that which is capable of spontaneously perceiving the finest relative on the surface of the gross relative. . . .

“The unbounded awareness is a constant feature of our conscious mind, and when the perception is most refined, capable of cognition of the finest relative value everywhere, then it’s a different characteristic, and that has a different name — sixth state of consciousness.”¹⁵

— Maharishi



The sixth state **God Consciousness — Perceiving the Glories of Nature’s Finest Material Structure**

IN THE ORDINARY WAKING STATE, we are able to perceive the surface values of things, the veneer of reality. When we reach Cosmic Consciousness, our senses of perception, now free of stress, begin an extraordinary process of refinement. As our perceptual abilities become refined, Maharishi explains, we gain the ability to perceive finer and finer levels of Nature, subtler strata of creation.

Wherever we direct our attention, our senses penetrate to levels of Nature that lie progressively closer to the field of pure consciousness itself, nearer Nature’s source — more vibrant and full of life. In time, Maharishi explains, we perceive Nature’s *finest relative* structure — the level where creation begins, where the Unified Field first becomes vibrant, where pure consciousness first takes form, where the “unmanifest” first becomes “manifest,” where “Absolute” first becomes “relative.” This supremely refined level of creation Maharishi has called “vibrant infinity.” It is as if we could perceive the finest, subtlest ripples arising on a perfectly silent pool.

When we reach this state, the surrounding world reveals to us a previously hidden dimension, one of inexpressible beauty and wonder. As our senses become more acute, Nature’s inner grandeur and glory is revealed — a dimension of Nature so beautiful that it can only be called heavenly.

Maharishi refers to this new mode of perception as “celestial perception.” Our perception becomes “glorified.” At the same time, the dual style of functioning characteristic of Cosmic Consciousness becomes increasingly integrated. Here we come to a new state of consciousness, which Maharishi terms God Consciousness, because it brings direct perception of the full range of God’s creation. It is not “God’s consciousness,” but direct experience of the full range of God’s creation.

Upsurge of universal love

This refined perception brings us the deepest, most intimate appreciation of the Laws of Nature that govern the universe. In response, Maharishi says, we feel a continuous upsurge of appreciation, love, and devotion for all of life. And we naturally desire to know the source of the creation, just as we would wish to meet an artist whose work we admire.

The desire to know and experience God is natural to human life, Maharishi points out. But the thought of God, he emphasizes, is not the experience of God. The desire to know God becomes significant, Maharishi asserts, only when we have developed the ability to experience and appreciate the full range of creation, from the surface values to the most subtle and refined.

The direct experience of God

This ability comes with God Consciousness. At the finest relative value of life, Maharishi points out, we stand at the supreme height of relative creation. Here we locate the foundation from which the whole of creation emerges. Maharishi thus identifies the finest relative value of life as the domain of the Creator. This opens the possibility, in God Consciousness, not only of love and devotion to God but of direct, personal experience of God and of all things in the light of God.

This experience develops gradually, Maharishi explains, beginning at the most refined level of feeling and progressing through the levels of thinking and then sensory perception. This experience does not depend on one's religion, faith, or cultural background. It comes naturally and automatically, Maharishi explains, once one's perceptual faculties have become sufficiently refined.

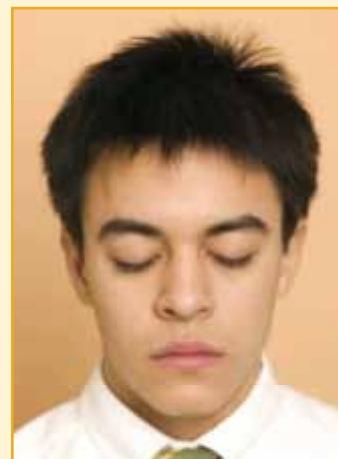
This experience, Maharishi emphasizes, is straightforward and available to everyone — and it begins with the experience of pure consciousness, the simplest form of human awareness. Through practice of the Transcendental Meditation technique, a simple and direct way of experiencing pure consciousness, anyone can rise to the realization of God Consciousness.

An experience of growing God Consciousness — refined perception

“Generally, whenever I put my attention on an object (for example, when looking at scenery out the window, or sitting in the kitchen), I become aware of the subtler qualities of the objects around me. For instance, when looking at a tree, I first become aware of the object as it is — a concrete form bound in space and time. But then I perceive finer aspects of the object coexisting along with its concrete expression. On this subtler level, objects are perceived as almost transparent structures of soft, satiny light (unlike harsher, normal day light) through which the very essence of life appears to flow. This flowing field of life underlies and permeates the objects of perception. Perceiving these finer aspects of creation completely nourishes the finest aspect of my own being.”¹⁶

Toward God-realization

“Philosophers call this a mystical experience, but it is no more mysterious than is the working of a clock for a child. On one level of consciousness it is normal, on another it is mysterious, and again on another it is impossible. The intensity of God-realization in its personal and its impersonal aspects depends upon the level of Being, or the purity of consciousness. It is not possible to conceive of God-consciousness through any state of consciousness that is not God-consciousness itself; but it is possible for everyone, at any level of human consciousness, to rise to the realization of God-consciousness through the practice of Transcendental Meditation, which is a simple and direct way of developing pure consciousness.”¹⁷ — Maharishi



Supreme knowledge

“We know that every state of knowledge has its own level of consciousness; every level of consciousness has its own level of knowledge. Therefore, if we want complete knowledge, faultless knowledge, knowledge which is true for all times, then we have to gain knowledge on that level of consciousness which will not change; and only the top level of consciousness will not change. Any level of consciousness other than the top will always be evolving, developing; and therefore, knowledge will always be changing. When knowledge keeps on changing, then it is neither reliable nor worthwhile, because today we see something one way, tomorrow we see it differently. We don’t know whether to believe today or tomorrow. The knower is therefore safer when he gains knowledge on that level of consciousness which knows no change.”¹⁸ — Maharishi

The seventh state

Unity Consciousness, the Supreme Level of Human Development — All Experience in Terms of the Unbounded Self

AS GLORIOUS AS LIFE BECOMES in God Consciousness, Maharishi teaches, knowledge is still incomplete. Though we perceive the finest, most sublime relative values in everything around us, we stand shy of ultimate knowledge.

We grow from Cosmic Consciousness to God Consciousness by virtue of our perception becoming increasingly refined. Once we reach God Consciousness, this process continues, Maharishi explains, culminating in our perception becoming so supremely refined that it penetrates even beyond Nature’s finest material structure, opening to our direct experience the innermost essence of life, the underlying oneness from which all creation emerges.

This brings us to the seventh and highest state of consciousness, Unity Consciousness. In Unity Consciousness, Maharishi observes, we experience the infinite, absolute level of life, pure consciousness itself, in everything. This we find to be the same pure consciousness we first experienced deep within ourselves in the fourth state of consciousness. It is nothing other than *Ātmā*, the Self — our own Self, the Self of the universe. It is the oneness at the heart of all things, the light of God within, the unity out of which all diversity arises. We find that the field of pure intelligence we discovered deep within ourselves in Transcendental Consciousness is the underlying essence of everything.

Everything in terms of the Self

Until now, we saw the world as an infinite number of separate fragments bundled together. Now, we see all things in terms of one thing — our own awareness, the unbroken wholeness of our own Self. Hence the name Unity Consciousness.

In Unity Consciousness, we do not lose the ability to distinguish one object from another. Relative existence does not somehow drop off. If it did, Maharishi points out, there would be no life to live. Instead, he explains, every grain of relative life becomes lively in its essential constituent, which is eternal, infinite pure consciousness. Every particle of creation is elevated to its infinite, unbounded status. The boundaries of perception no longer overshadow the essential nature of life. Wholeness and harmony move to the foreground of our experience, boundaries and differences to the background.

Through every faculty of perception — sight, hearing, touch, taste, smell — the experience of the Self dominates, the experience of unity, harmony, wholeness, fullness. We experience the entire world as inside the Self, a wave in the ocean of consciousness, a wave of the Self. All waves on the ocean are ultimately nothing other than the ocean. In Unity Consciousness we experience all facets of life as ultimately nothing other than pure consciousness — the Self. We see the Self in all things, all things in the Self. In this state, Maharishi explains, every object becomes as dear to one as one is to oneself. Only in Unity Consciousness can one love one's neighbor literally as one's Self.

Command of Natural Law

In Cosmic Consciousness, when our thoughts and actions came into harmony with Natural Law, we gained the support of Nature. Now, in Unity Consciousness, functioning consciously within the Self, we experience everything as a mode of functioning of our own intelligence. We gain command over all the Laws of Nature, Maharishi explains — the ability to know anything, do anything, and accomplish anything by mere intention.

Perceiving the colorless sap within the rose

Maharishi uses a rose as a metaphor to show how knowledge changes as we develop higher states of consciousness.

When we look at a rose, we usually see only superficial features — colors, shapes, textures. Yet each of these different features, he points out, arises out of the same “colorless sap” that nourishes all parts of the flower.

Although each feature is made from colorless sap, the sap remains as if hidden deep within the flower. Because the sap is transparent, the yellow color predominates, hiding the sap.

Yet the sap is the ultimate reality of the rose — and it resides throughout the flower. The petal may appear yellow on the surface, as Maharishi points out, but the colorless sap resides as much on the surface of the flower as the yellow color.

The colorless sap corresponds to pure consciousness, pure intelligence. In the ordinary waking state, we do not see this innermost reality of life. As God Consciousness develops, we come to perceive the most refined value — the colorless sap in the act of becoming color.

In Unity Consciousness, we experience the deepest reality, the colorless sap itself. We perceive both the color and the colorless, the manifest petal and the unmanifest sap, together on the rose's surface. We perceive all bounded values of life in terms of the unbounded value, all relative values in light of the absolute value — everything in terms of the Self.

The seventh state of consciousness

“The seventh state of consciousness we may very well call the unified state of consciousness — where the ultimate value of the object, the infinite, unmanifest, ultimate value of the object breathes life, or becomes lively. When the conscious mind, being lively and vibrant in the unbounded value of awareness, falls onto it, the object is cognized in terms of the pure subjective value of unbounded, unmanifest awareness. This cognition, rising to the infinite value, gives a status of the seventh state of consciousness. . . .

“The knowledge has bridged the gulf between the knower and the object of knowing. The object is being verified in its total reality when the infinite value of the object, which hitherto was underlying, has come up to be appreciated on the surface. Then the perception is of supreme value.”¹⁹

— Maharishi

“In unity consciousness, what prevails is the infinite value of life. Perception of the relative dances, sings, rejoices, and glorifies itself in the value of the infinite.”²⁰

— Maharishi

‘Established on the ultimate level of consciousness’

“**T**he height of realization . . . is to realize the supreme oneness of life in terms of one’s own Self. No diversity of life is able to detract from this state of supreme Unity. One who has reached It is the supporter of all and everything, for he is life eternal. He bridges the gulf between the relative and the Absolute. The eternal Absolute is in him at the level of the perishable phenomenal world. He lives to give meaning to the paeon of the Upanishads: ‘purna-madah purna-midam’ — That Absolute is full, this relative is full. One who lives this supreme Reality in his daily life [is] deemed the highest yogi. . . . Yoga in this state has reached its perfection; there is no level of Union higher than this that he has gained. He stands established on the ultimate level of consciousness.”²²

— Maharishi



Supreme knowledge and fulfillment

Unity Consciousness brings supreme knowledge, Maharishi explains, knowledge of the ultimate nature of reality. Knowledge is flawless and complete because we experience every object in its total, infinite, supreme value. This is based on having gained a state of consciousness that does not change, in which no further evolution is possible.

Unity Consciousness also brings supreme fulfillment. To experience everything in terms of the Self, Maharishi declares, is to experience everything in terms of infinite bliss. We literally live in the bliss of pure consciousness, the bliss of our own Self moving within itself.

As Unity Consciousness develops, Maharishi points out, we at first perceive only the primary focus of attention in terms of the Self; we perceive background objects as before. As Unity Consciousness matures over time, we experience even background objects in terms of the Self. When Unity Consciousness has fully matured, we perceive everything, to the farthest reaches of the universe, as the Self moving within itself.

This fully matured state of Unity Consciousness Maharishi terms *Brahman Consciousness*. *Brahman* refers to the totality of life, the integration of inner and outer fullness. In Unity Consciousness, we perceive Ātmā, the inner reality of our individual consciousness, as the inner reality of everything. We perceive Ātmā as *Brahman*, the totality. *Aham Brahmasmi*, the Upanishads declare — “I am the totality.” Here is the supreme fullness of life, the pinnacle of human evolution.

An experience of growing Unity Consciousness

“**A** very nice change which has taken place is an unbroken intimacy between my Self and the environment. It is a sort of liveliness of Self, rather than flatness, which I experience in everything around me. The continuum of Self within myself and outside of me just seems to have a very enjoyable, lively, intimate quality — as if my Self is smiling and radiating everywhere. For the first time I feel concretely, tangibly clearer and closer to all that is meant by God, to all that He is.

“I feel a very solid stability and invincible strength growing in my life. I do not ever remember feeling so uncompromisingly complete and confident about myself and the direction my life is taking. My favorite companion is the bliss and silence of my Self which is growing by leaps and bounds and spilling into the relative. I feel eternally protected and infinitely blessed to be the recipient of this most wonderful gift of awakening that Maharishi has given to us all. I only hope to be the purest instrument I can be, to help perpetuate the Age of Enlightenment to its full glory.”²¹

S U M M A R Y

Higher states of consciousness

Transcendental Consciousness

Experience of pure, unbounded awareness, the Unified Field of all the Laws of Nature, the ocean of pure knowledge, power, and bliss, the field of total knowledge — *Ātmā*, the Self.

Cosmic Consciousness

Permanent experience of pure, unbounded awareness, the Self, along with waking, dreaming, and deep sleep — 24-hour bliss. Life in accord with Natural Law.

God Consciousness

Perception of the subtlest, most refined and glorified value of objects along with 24-hour unbounded awareness.

Unity Consciousness

Experience of pure, absolute, unbounded awareness everywhere and within everything. Everything experienced in terms of the Self — as the Self moving within itself. Mastery of Natural Law.

	BEFORE Transcendental Meditation program	WITH Transcendental Meditation program	OVER TIME
Stress in the body	Increasing	Decreasing	None
Use of the mind	5–10%	Expanding	Total potential — 100%
Available states of consciousness	<ul style="list-style-type: none"> • Waking • Dreaming • Deep sleep 	Add Transcendental Consciousness to the cycle of <ul style="list-style-type: none"> • waking • dreaming • deep sleep 	Cosmic Consciousness God Consciousness Unity Consciousness

Albert Einstein on developing higher consciousness

“A human being is a part of the whole, called by us ‘Universe,’ a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest — a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal decisions and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.”²³
 — Albert Einstein (1879–1955)

“This is the state of a God realized man.”

“This state has been the object of a great quest for man from time immemorial because it glorifies all aspects of one’s life. The material life of man is brightened by the light of the inner self. That is why the emphasis of all the scriptures of religions and of the whole field of metaphysics is that the state of self realization or God realization is the goal of man. Because, on the way to achieving this goal, the world is made better, efficiency improves, and the man becomes more capable in the world. He enjoys the world more on all levels while enjoying the divine. The individual enjoys the world to the maximum because the nature of his mind is now bliss consciousness, and the bliss consciousness is the basis of all experience and activity. This is the state of a God realized man. This is the state of a man successful in the world. These states go hand in hand. Success of the divine quest brings the height of success in the world in a most natural way and the individual life is fulfilled.”²⁴

— Maharishi

A Scientific Understanding of Enlightenment

MAHARISHI’S UNDERSTANDING OF HUMAN DEVELOPMENT removes the clouds that historically have surrounded the notion of enlightenment. In the past, “enlightenment” was regarded as a philosophical concept or ideal, vaguely defined and of dubious practical value.

Enlightenment now can no longer be dismissed as “mysticism,” as some vague, indefinable attitude or mood. Maharishi has offered a precise, scientifically testable definition of enlightenment. Higher states of consciousness involve specific, measurable, highly refined styles of physiological functioning and specific modes of perceiving oneself and the world.

The basis of knowledge, Maharishi emphasizes, is one’s own experience. The observations he makes about the nature of human consciousness and higher states of consciousness represent scientifically testable predictions.

The laboratory is your own consciousness

These predictions, moreover, are testable not only objectively but subjectively. Your laboratory is your own consciousness. Your apparatus is your own nervous system. In this sense, Maharishi Vedic Science and TechnologySM forms the first *subjective science*, the first science of pure subjectivity — the science of consciousness itself.

The Transcendental Meditation and TM-Sidhi techniques enable you to “tune up” your nervous system, so that it functions in the supremely refined manner in which it was designed to function — capable of experiencing and stimulating the Unified Field of all the Laws of Nature, capable of reflecting and living the total potential of Natural Law in daily life, capable of fulfilling your every desire and creating an ideal state of life for everyone on earth.



How Yogic Flying Accelerates the Growth of Higher States of Consciousness

THE TM-SIDHI PROGRAM, INCLUDING YOGIC FLYING, gives us a powerful technology for accelerating our growth of higher states of consciousness:

Accelerating growth of Transcendental Consciousness

The TM-Sidhi program cultivates the experience of pure consciousness. By introducing specific activity within the silent state of pure consciousness, Maharishi explains, we “challenge” the silence of pure consciousness — thereby strengthening pure consciousness in our awareness.

Yogic Flying offers the most dramatic example. This dynamic activity taking place on the silent bed of pure consciousness intensifies and strengthens the experience of pure, unbounded awareness — in turn promoting development of the Sidhi abilities.

Accelerating growth of Cosmic Consciousness

Cosmic Consciousness develops when we alternate regular experience of pure consciousness with regular daily activity. By alternating the subtlest levels of mental activity with the experience of pure consciousness, the TM-Sidhi program accelerates this process as well.

Accelerating growth of God Consciousness

The TM-Sidhi program also helps culture God Consciousness by enlivening the finest levels of perception and feeling. “In each one of these procedures,” Maharishi explains, “perception is refined so that perception is possible in a state of awareness that is as near as possible to unbounded awareness.”²⁵

Accelerating growth of Unity Consciousness

The TM-Sidhi program, including Yogic Flying, develops our ability to be active within the field of silent pure consciousness. By consciously creating qualities of awareness within pure consciousness, Maharishi explains, we connect all partial values of awareness with the inherent wholeness of pure consciousness. In time we perceive pure consciousness within all active states of awareness — we perceive all qualities of awareness, and ultimately the entirety of the universe, as expressions of the Self.



Higher states and mastering the *sidhis*

We can perform *sidhi* abilities such as Yogic Flying, Maharishi explains, to the degree that we have developed higher states of consciousness. Performance of *sidhi* abilities, in turn, confirms our growth to enlightenment.

“[Practice of the TM-Sidhi program] simultaneously produces beneficial effects on the inner level of consciousness and the outer observable levels of physiology and the environment. Profound development of mind-body coordination is the automatic and immediate result. Thus, successful performance of the sidhis is in effect a test of the degree of growth of enlightenment, for it demonstrates both profound growth of consciousness and intimate, highly developed mind-body coordination. With the growth of enlightenment the ability to perform sidhis, known throughout the ages as ‘supernormal powers,’ automatically grows. It is not possible to separate sidhis from the development of enlightenment; enlightenment cannot be called complete without full mastery over the sidhis.”²⁶ — Maharishi



CHAPTER 6

Unprecedented Outcomes: Modern Science Measures the Growth of Enlightenment

SINCE THE LATE 1960s, in laboratories around the world, scientists have been conducting research with profound significance for every person on earth. Through their research on the Transcendental Meditation and TM-Sidhi programs, they have been giving us an increasingly detailed picture of what happens as we begin developing our inner potential — the latent creativity and intelligence we typically go through life not using.

We are seeing something rather like a photograph developing before our eyes. Through an ever-growing body of scientific findings, we are gaining a picture of higher states of consciousness — of what it means to be *enlightened*. The results transform our understanding of human life.

In Chapter 4, we looked at the picture scientists have gained of the fourth state of consciousness, Transcendental Consciousness. The many research studies conducted on people *while they are practicing* the Transcendental Meditation technique have yielded a picture of dramatically increased coherence in brain functioning and deep physiological rest and balance.

Scientists have also been conducting long-term research: What are the effects *outside the practice*? What happens as people experience Transcendental Consciousness twice a day, every day, for months or years? Coming into focus is a picture of the fifth state of consciousness, Cosmic Consciousness — the next stage of enlightenment.

“Only the experience of Transcendental Consciousness makes use of the total brain physiology. Only the experience of Transcendental Consciousness, the unbounded, infinite, unmanifest field of life, the field of consciousness — that only is competent to make full use of the human brain.”² — Maharishi

“The unbounded experience of Transcendental Consciousness awakens all the areas of the brain. And the practice morning and evening gives the brain physiology habituation to think from this unbounded level, which is total Natural Law.”³

— Maharishi

“If the full value of the brain is utilized, then the cosmic potential of the individual is utilized. This is the turning point of the human race — the destiny of the human race now.”⁴

— Maharishi



Through the TM and TM-Sidhi programs Developing the Total Brain

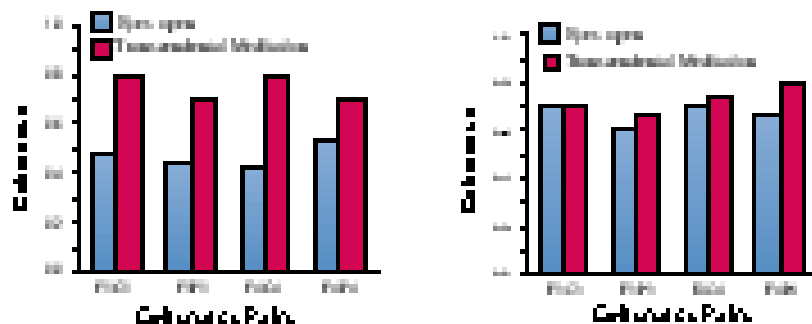
WHEN ONE TRANSCENDS, one’s brain shifts to a markedly more coherent style of functioning. New research studies are now helping us understand what happens with regular, daily transcending through the Transcendental Meditation technique. From a number of directions, we see a steady and significant development of the brain’s potential.

Developing coherent brain functioning through the day

To look at long-term changes in coherence, researchers took groups of people with an average age of about 19. Half had been meditating a year or less. The other half had been meditating about nine years (all in this group had learned around age 10). Using EEG, the researchers measured subjects’ brain functioning both before and then during meditation.

During meditation, the EEG patterns for both groups were the same — both groups showed similarly high levels of coherence. But there was a big differ-

Brain Coherence Outside of Meditation Increases THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



In this experiment, subjects’ brainwave (EEG) coherence was measured first while sitting with eyes open (EO), indicated by the blue bars, and then while they practiced the Transcendental Meditation technique, indicated by the red bars. Each pair of bars measures coherence from a different part of the brain.

LEFT — 1-year meditators

This chart shows the results for subjects who had been meditating for less than one year on average. Notice how their coherence increases significantly when they go from “eyes-open” to Transcendental Meditation practice.

RIGHT — 9-year meditators

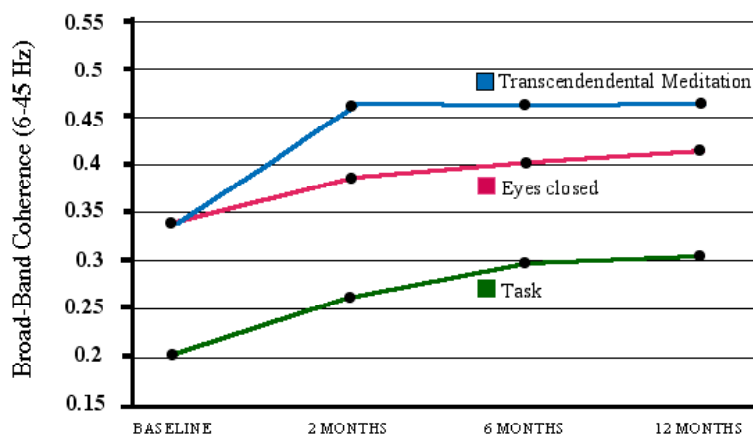
This chart shows the brain-wave coherence for the subjects meditating about nine years on average. Notice they start with a higher level of coherence, so that coherence during eyes-open is similar to coherence during Transcendental Meditation practice.¹

ence in brain functioning outside of meditation. Here, the longer-term meditators showed levels of coherence approaching those during meditation. The orderly style of brain functioning characteristic of meditation had become their normal style. As a consequence, their EEG coherence did not change much when they began to meditate. Not surprisingly, the longer-term group also reported clearer experiences of Cosmic Consciousness.¹

In an extension of this research, scientists compared new meditators, seven-year meditators, and meditators who had consistent experiences of witnessing sleep. In this latter group, the average length of time practicing the Transcendental Meditation technique was 24 years. The finding extended the earlier results. The longer the subjects had been meditating, the higher their frontal coherence, the greater their alpha power, and the higher their general alertness. The 24-year meditators showed a wholly different processing style — calm, precise, and efficient.⁵

What can we conclude? Since the Transcendental Meditation technique is simple, natural, and effortless, one masters it quickly; one's practice does not "improve" over time. What does improve is our ability to *act*. The coherence of meditation becomes stabilized and carries increasingly into daily activity, indicating expanded access to the brain's total potential. It also indicates that Transcendental Consciousness, the fourth state of consciousness, is becoming integrated with the waking, dreaming, and sleeping states. Here is objective evidence of growing Cosmic Consciousness.

Brain Coherence Outside of Meditation Increases
THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



The top line in this chart shows broadband frontal EEG coherence reaching a peak after two months of Transcendental Meditation practice, then continuing at that high level after 6 and 12 months' practice. The bottom two lines show progressive growth of frontal EEG coherence outside of meditation — during eyes closed and during activity (a computer task).⁶

Benefits of total brain functioning

Research shows that higher levels of brain-wave coherence during the Transcendental Meditation technique correlate with:

- clearer experiences of Transcendental Consciousness
- greater self-awareness
- increased inner orientation
- improved neurological efficiency
- higher levels of moral judgment
- increased creativity
- increased intelligence
- improved concept learning ability
- improved grades
- increased emotional stability
- decreased trait anxiety
- decreased state anxiety
- decreased neuroticism⁷

All the benefits we review in this chapter stem from a common source — systematic development of the brain's total potential.



Growing alpha wave activity

Alpha wave activity indicates the brain is restful and alert. Coherent alpha wave activity spreads throughout the brain during Transcendental Meditation practice, as we saw in Chapter 4. These graphs show the raw EEG signal in the alpha range as measured during a 2.5-second interval, during which subjects would see a stimulus, evaluate it, then choose a response.

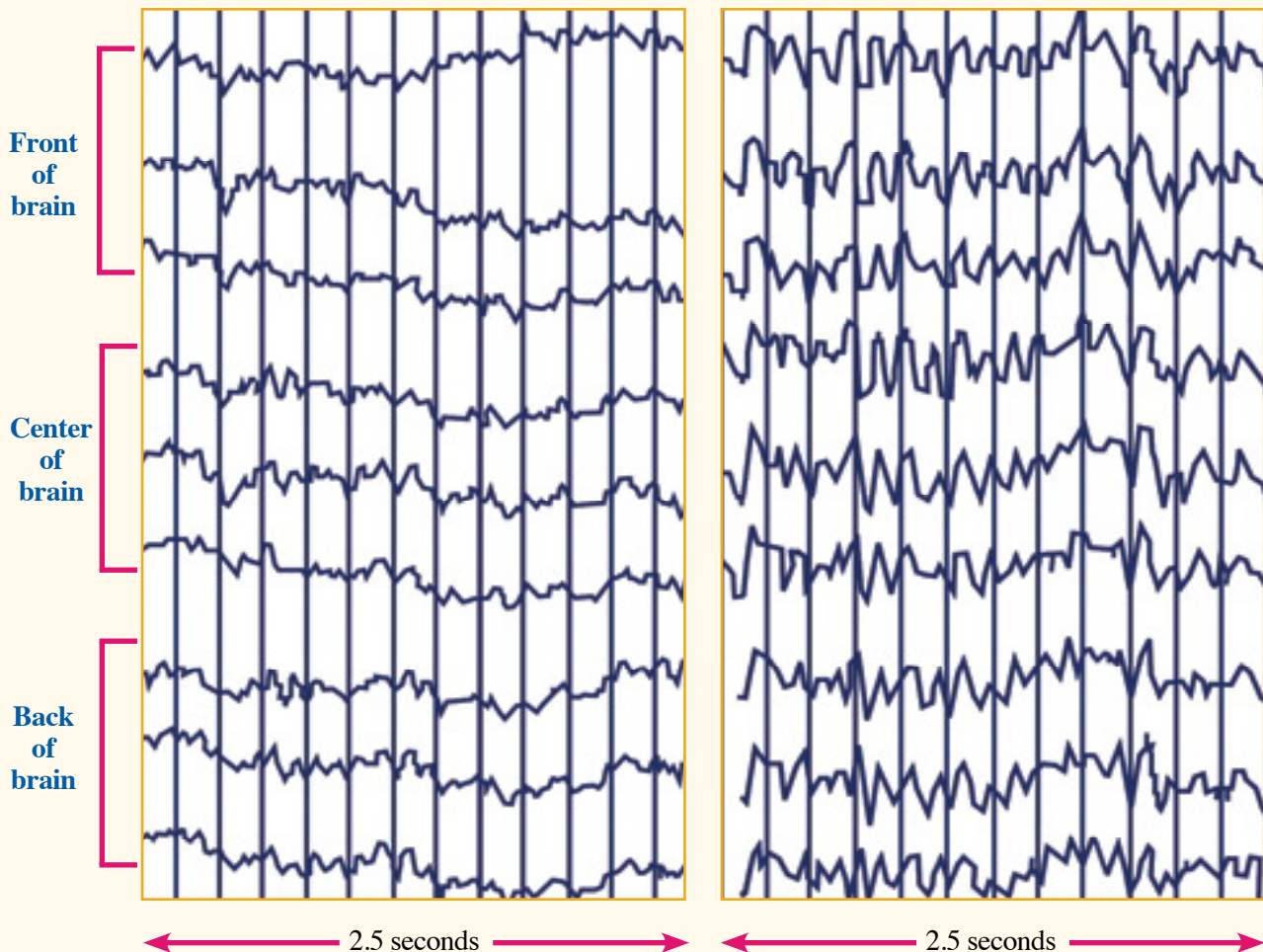
In contrast to the first graph, the second graph shows high amplitude alpha waves from all parts of the brain. The higher amplitude results from constructive interference of neurons oscillating in the alpha range, indicat-

ing the whole brain is oscillating at that frequency. We also see the EEG pattern remaining stable throughout the task. This indicates that alpha activity has become the permanent background of brain functioning, even during daily activity.

Because the alpha frequency band is related to the subjective experience of *transcending*, the experience of pure consciousness, this brain pattern suggests the subjective experience of transcendence is being maintained in activity as well — translating into a calm, integrated, holistic way of viewing the world.⁵

NORMAL
Without Transcendental
Meditation practice

ENLIGHTENMENT
With Transcendental
Meditation practice



Growing frontal EEG coherence

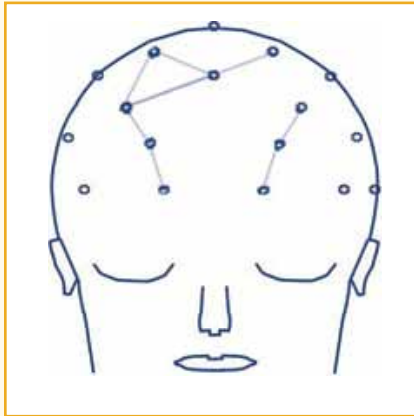
These computer-generated drawings illustrate coherence in the alpha range. The lighter lines indicate coherence or communication between the two indicated brain areas of about 70%. Heavier lines indicate coherence of 80% or higher. (100% is perfect coherence.)

With every experience we have, the brain must integrate this new experience with past experience, formulate it into a whole, and develop a response. So the more effectively the various areas of the brain communicate and work together, the better the brain performs.⁸

Coherence in the brain's executive control center reaches a high level after two months of Transcendental Meditation practice . . .

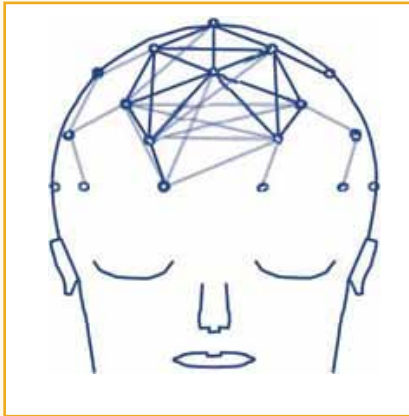
EYES CLOSED

Before learning the Transcendental Meditation technique

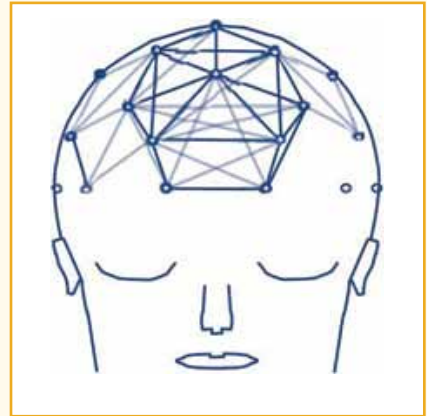


DURING TRANSCENDENTAL MEDITATION PRACTICE

After 2 months of Transcendental Meditation practice



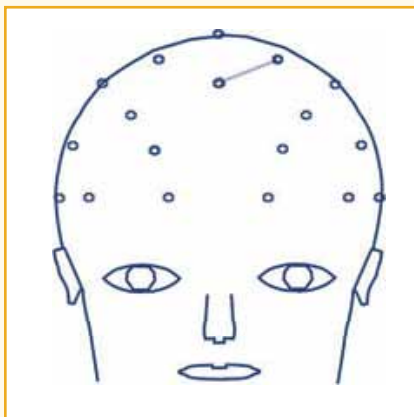
After 7 years of Transcendental Meditation practice



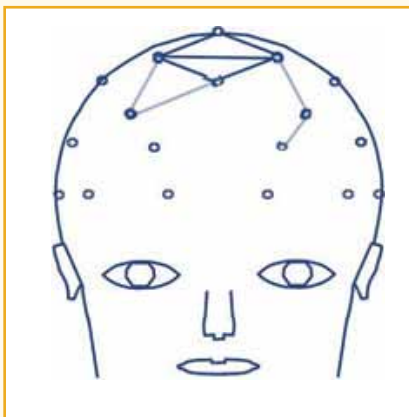
Then this coherence becomes part of ongoing EEG during tasks

DURING A CHALLENGING COMPUTER TASK

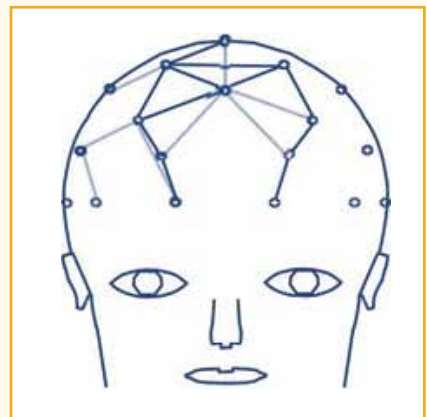
Before learning the Transcendental Meditation technique



After 2 months of Transcendental Meditation practice



After 7 years of Transcendental Meditation practice



“Thrills of happiness” Experiences of growing Cosmic Consciousness

As Cosmic Consciousness grows through Transcendental Meditation practice, one identifies more and more with the mind’s most silent level, pure consciousness, the Self:

“I often sense a silence that underlies all my thoughts and emotions. . . . That silence seems more lasting and ‘real’ than the phenomena on the surface. Particularly with strong feelings, I notice I identify more with the silence than with the feelings.”¹¹

“More often in activity, I am aware of a silent aspect of my Self which seems to be unaffected by the change and challenges of daily life. This part of me, when I recognize it, seems to fill me with thrills of happiness that lend a kind of non-attached perspective to my activity.”¹²



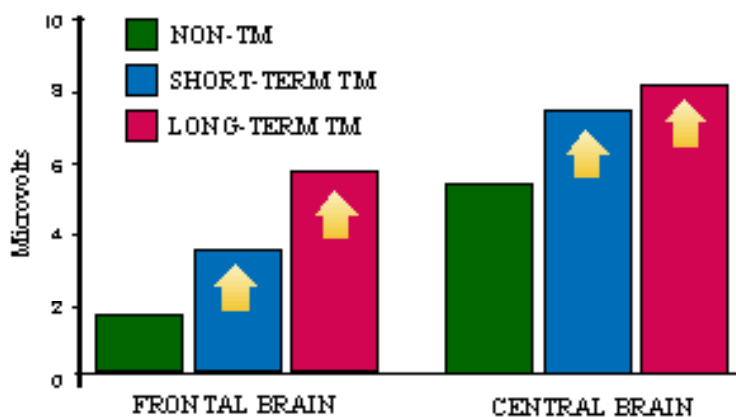
Awakening greater brain resources

Throughout the day, your brain’s cortex constantly “opens up” to take information in, then “closes down” to process it. This opening-and-closing takes place at high speed — 3-5 times a second. When the cortex opens, the electrical potential at the scalp becomes negative. Measuring this electrical potential (termed *contingent negative variation*, or CNV), scientists gauge how much attention you bring to a task.

- People who practice the Transcendental Meditation technique have larger CNVs than those who do not — and the longer they have been meditating, the greater their CNV. This finding indicates greater attentional resources, a stronger background of awareness on which experiences fall — increased quality of consciousness.⁹
- In comparison with people who do not meditate, people who practice the Transcendental Meditation technique (a) have calmer, more balanced minds, (b) respond to stimuli more quickly, dynamically, and appropriately, and (c) return more quickly to the calm, balanced state.
- They are also less distracted when handling several tasks at once, and they process information more in terms of wholes than parts.¹⁰

Here again we see an objective picture of increased mental capacity, an expansion of available brain resources — a more fully developed brain.

Increased Power of Attention THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



This study measured CNV in three groups of subjects at frontal and central brain sites. This graph displays the results of a simple reaction time task. CNV increases over time with Transcendental Meditation practice, indicating growth of attentional resources.⁹

Inner wakefulness during sleep

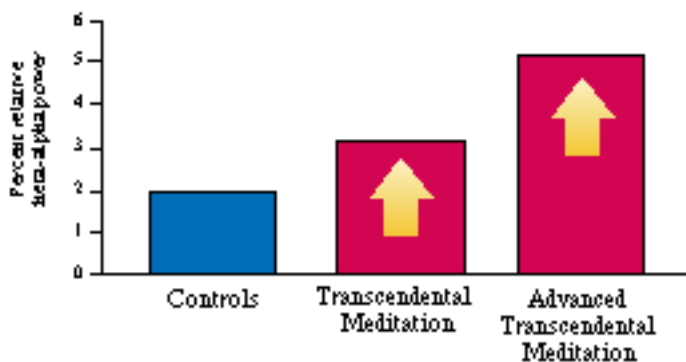
Scientists have been studying sleep since the 1950s and have a clear picture of normal and abnormal sleep. Now, for the first time, scientists are gaining a picture of *enlightened* sleep — the experience of unbounded inner wakefulness, pure consciousness, during sleep. This phenomenon, termed *witnessing sleep*, is a key marker of growing Cosmic Consciousness.

Researchers examined the EEG of long-term Transcendental Meditation participants who reported they were witnessing sleep consistently. The subjects displayed a state that had never been seen before during sleep:

- a unique *dual pattern* of brain functioning — the delta brainwaves typical of deep restorative sleep but also the theta/alpha brainwaves that characterize the inner wakefulness of Transcendental Consciousness
- unusually low muscle tone during sleep, indicating increased inner alertness
- a higher density of rapid-eye movements during REM periods — associated with heightened intelligence and development.¹³

This study confirms that we can experience the pure wakefulness of Transcendental Consciousness even during the extreme nonwakefulness of deep sleep. This opens the door to new possibilities for human development. For if we can experience Transcendental Consciousness 24 hours a day, then we can perform at a vastly heightened level of intelligence, creativity, and happiness.

**EEG Markers of Growing Higher States
of Consciousness during Sleep**
THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



This figure presents theta/alpha activity during sleep (6-10 Hz). The witnessing group (right column) exhibited the highest amplitude of theta/alpha during the first three sleep cycles. The group of Transcendental Meditation subjects not reporting this experience (middle column) had the next highest. The non-meditating control group had the lowest.¹³

“Watching over everything” Experiences of witnessing sleep

“I have a feeling of separateness and a sense of watching myself dreaming, realizing that I am dreaming, but then there is something larger than me that isn’t dreaming and is motionless and silent and is just observing that experience. There is a part of me that is completely separate from all the dream activity and is quiet and is watching over everything.”¹⁴

“Often during dreaming I am awake inside, in a very peaceful, blissful state. Dreams come and go, thoughts about the dreams come and go, but I remain in a deeply peaceful state, completely separate from the dreams and the thoughts. My body is asleep and inert, breathing goes on regularly and mechanically, and inside I am just aware that I am.”¹⁵



On intelligence and creativity

“The best thing
in the universe
is the universal intelli-
gence, the best in
yourself is your own
intelligence which is a
part of it.”

- Marcus Aurelius (121–180), Roman emperor and philosopher

“The powers from which all truly great composers like Mozart, Schubert, Bach and Beethoven drew their inspirations is the same power. . . . It is the power that created our earth and the whole universe, including you and me. The real genius draws on the Infinite source of Wisdom and Power. . . . That is, in my opinion, the best definition of genius.”¹⁸

- Johannes Brahms
(1833–1897),
German composer

Transcending and the brain

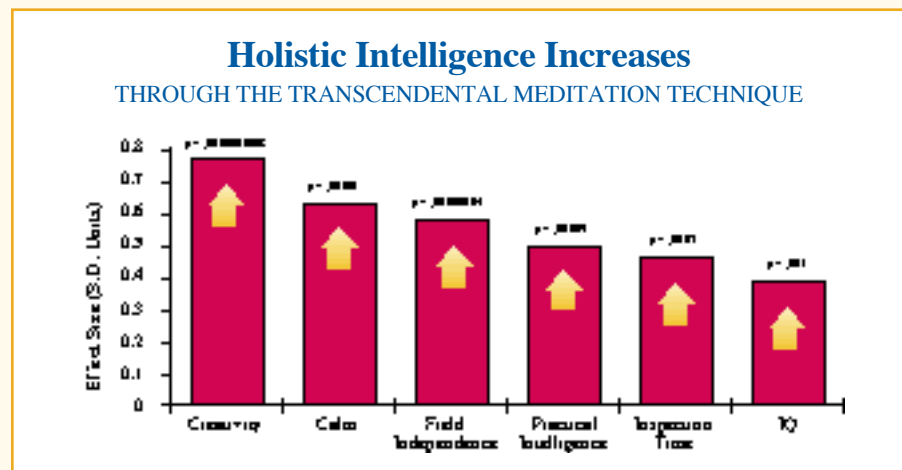
Unparalleled Growth of Mental Capacities

THE DEVELOPMENT OF TOTAL BRAIN FUNCTIONING through the Transcendental Meditation and TM-Sidhi programs leads to growth of mental capacities beyond anything previously observed.

Intelligence increases

Intelligence underlies and guides every thought and action. Intelligence ordinarily increases through childhood — but levels off at age 15 or 16. This, for better or worse, is the level of intelligence people carry with them the rest of their lives. No one has found a way to produce lasting changes in intelligence after adolescence — and so intelligence is believed to be fixed.

When people learn the Transcendental Meditation technique, on the other hand, intelligence (IQ) increases significantly. The growth that plateaued in adolescence resumes its upward climb. One study on high school students showed significant increases in intelligence after just 14 weeks.¹⁶ The more coherently one's brain functions, the higher one's intelligence.



In three studies on students, the Transcendental Meditation technique simultaneously improved six kinds of intelligence — creative, experiential, contextual, practical, physiological, and IQ. Students were randomly assigned to a group that learned the Transcendental Meditation technique or to a no-treatment control group. In one study, a third control group napped instead of meditating, while in another, a third control group practiced a contemplation procedure. Students were retested after 6–12 months. In all three studies, the Transcendental Meditation group increased in holistic intelligence more than any other group, with highly significant increases in all aspects of intelligence. The greatest increase was in a measure of “whole brain creativity,” which requires balanced use of intellect and feelings. Students also showed significantly reduced anxiety. These results indicate global development of mental potential.¹⁷

Creativity increases

Creativity, the ability to generate new ideas, lies at the heart of all problem solving. Creativity is not just for poets and painters. Intuition and creativity are central to management, scientific discovery, parenting, almost every field of life. Every new situation we face, hour by hour, requires our creativity.

At the heart of the creative process is the *Aha*, the *Eureka*, the moment when the solution dawns. At this instant, studies find, EEG alpha-theta coherence flashes across the brain's cortex.

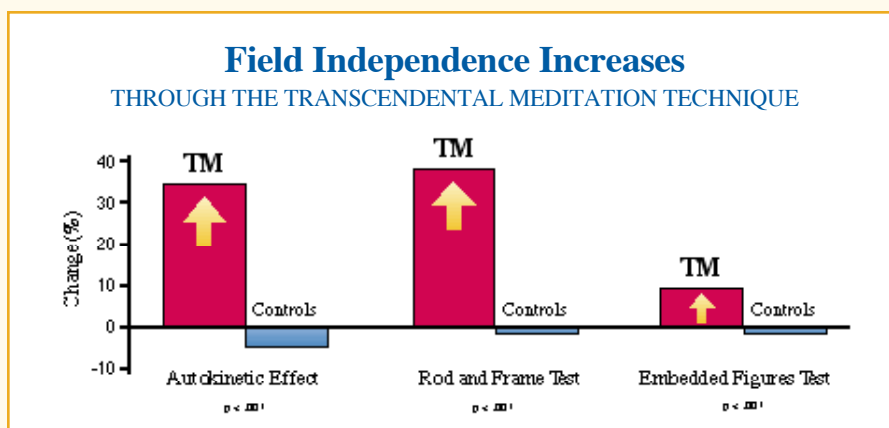
With Transcendental Meditation practice, creativity grows hand in hand with EEG coherence. A study on college undergraduates found a significant growth of creativity just five months after they had learned the technique.¹⁹

Modern psychology lacks a clear understanding of the creative process, apart from knowing that creative insights take place at a deep level of the mind not usually or easily accessible. The Transcendental Meditation technique opens one's awareness to the *source* of thought, the source of Nature's creativity, such that, over time, *Eureka* becomes one's normal experience.

Field independence increases

Field independence refers to the ability to maintain broad comprehension while focusing sharply — to see the forest for the trees. Highly field independent people tend to be highly creative and intelligent, better able to think for themselves. They can more readily take another person's viewpoint yet are less easily persuaded to do wrong. They have a stable internal frame of reference.

Like intelligence, field independence levels off in one's teens and decreases in old age. But field independence increases significantly with Transcendental Meditation practice. The longer one meditates, the greater the increase.²⁰



Subjects were given three measures of field independence, then randomly assigned to one of two groups — a control group and a group that learned the Transcendental Meditation technique. Three months later, all subjects took the tests again. The Transcendental Meditation group displayed significantly increased field independence compared with the control group.²⁰

“A direct way of unfolding this hidden genius”

“The Transcendental Meditation technique takes the existing level of intelligence to a level where individual intelligence is capable of creating everything. This happens because he functions from transcendental consciousness, which is just the simplest form of awareness, awake in itself.

“When the individual's attention reaches the deep level of his hidden and sleeping genius, the genius awakens and sets the individual and his nation on the road to fulfillment. The power of thought, emanating from the infinite genius of creativity, is infinite.

“Transcendental Meditation is a direct way of unfolding this hidden genius and making the individual spontaneously capable of such powerful thinking that he naturally succeeds in all his ventures. Regular practice makes coherent thinking a natural habit of the individual's brain.”²¹ — Maharishi

Cosmic Consciousness in the Vedic Literature

“He is in his own Being, pure, never-changing, never-moving, unpollutable; and in peace beyond desires he watches the drama of the universe.”²³

— Maitrĕ Upanishad

“When the mind is overcome by its own radiance, then dreams are no longer seen: joy and peace come to the body.”²⁴

— Prashna Upanishad

“He is awake but enjoys the calmness of sleep; he is unaffected in the least by pleasure and pain. He is awake in deep sleep. . . . His wisdom is unclouded by latent tendencies. He appears to be subject to likes, dislikes and fear; but in fact he is as free as the space. He is free from egotism and volition; and his intelligence is unattached whether in action or in inaction. None is afraid of him; he is afraid of none.”²⁵ — Yoga Vāsishta



Moral reasoning ability increases

From government to business, at the highest levels, we see a crisis of morals — personal gain at public expense. The lament rises: What has become of ethics? Yet we all experience vowing to “do the right thing,” only to fall down later. There’s more to moral behavior than understanding and will power.

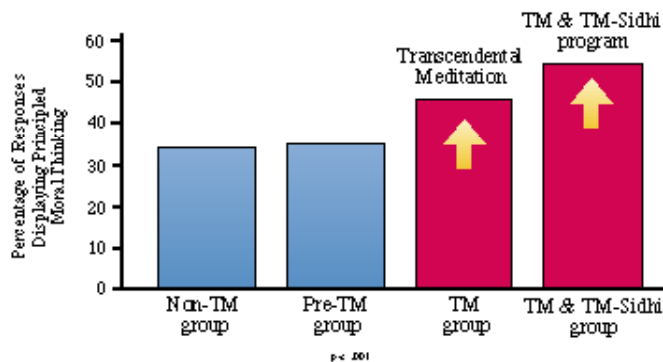
Moral development represents another deep dimension of personal growth. People with high levels of moral reasoning ability are less self-centered and more apt to consider how their actions affect other people and the environment. They have a more inclusive and universal perspective — they think not just of themselves, they think of the whole society, even the entire world.

Scholars have outlined the basic stages of moral development that human beings may rise through, from early stages, where we base judgments of right and wrong on avoiding punishment or gaining reward, to the mature stage, where we respect the equality of human rights and dignity of human beings.

But this development is hit or miss. Clearly, not everyone rises to the highest levels of moral development. And like intelligence and field independence, moral development typically plateaus in adolescence.

Moral reasoning ability increases significantly after people learn the Transcendental Meditation technique, and even more after they learn the TM-Sidhi

Moral Development Increases THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



Three groups of students were tested on a measure of principled moral reasoning — students at Maharishi University of Management (who practice the Transcendental Meditation technique), non-meditating students at another university, and students at the same university who planned to learn the technique.

The meditating students showed a significantly higher level of moral reasoning. The students about to learn the Transcendental Meditation technique scored no better than the non-meditators — indicating that people interested in meditation do not have higher levels of moral development to begin with and that practicing the Transcendental Meditation technique leads to the improvement.

Students who practice the TM and TM-Sidhi programs, including Yogic Flying, showed even higher levels.²²

program. Moral reasoning ability, moreover, is correlated with EEG coherence; that is, the more coherent one's brain physiology, the greater one's moral development. The "moral compass" resides in a coherently functioning brain.²²

As we grow in enlightenment and live increasingly in accord with Natural Law, Maharishi explains, we spontaneously use our growing creativity and intelligence more responsibly, acting in a way that benefits everyone around us. This growth of "life-supporting behavior" reaches its fulfillment in Cosmic Consciousness, when we enjoy what Maharishi calls *spontaneous right action*. We no longer make mistakes. Everything we do is for good.

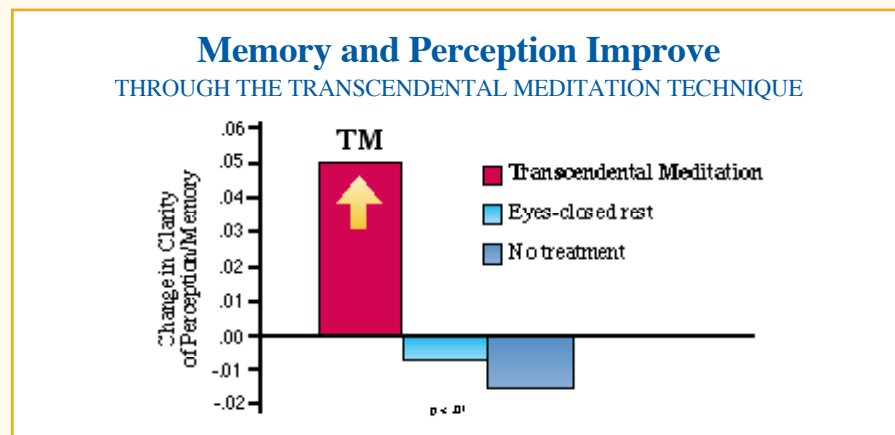
Yogic Flying offers a technology for the moral development of society as a whole. When large Yogic Flying groups reduce crime, terrorism, and warfare, we see the whole society acting in a more morally responsible manner.

Memory, learning ability, and grades improve

Memory, both short- and long-term, improves with the Transcendental Meditation technique. One study found that college students' learning ability improved significantly after just two weeks' practice of the technique — and the more difficult the material, the better they performed.²⁶

Other research shows that meditators learn new concepts more efficiently. When TM® meditators are learning new material, their frontal EEG coherence increases — meaning that their brains are more awake and process information in a new way. This is notable, for in mentally challenging situations most people become agitated — while meditators become calmer and more alert.²⁷

Other studies find that after college students learned the Transcendental Meditation technique, their grade point average increased significantly more than non-meditating students — from a C+ to a B+ in just six months.²⁸



In this study, college students were given a test of perception and short-term memory, then randomly assigned to one of three groups: one learned the Transcendental Meditation technique, one rested twice a day with eyes closed, and one made no change in daily schedule. Two weeks later, at post-test, the Transcendental Meditation group improved significantly in perception and memory.²⁶

Accelerating children's mental development

As doctors well know, an expectant mother's health affects her baby's health. When mothers practice the Transcendental Meditation and TM-Sidhi programs during pregnancy, their babies then tend to have longer and more frequent "quiet alert" periods, where they are visibly content, free from distress, and most receptive to learning.²⁹

Children may learn the Transcendental Meditation technique at age ten. Earlier than that — at age four or five — they learn the *Word of Wisdom*™ technique, which they practice a few minutes twice each day. This technique, Maharishi explains, integrates and strengthens the mind and brain physiology.

Studies show that children practicing this technique display greater maturity, intelligence, field independence, and general intellectual skill than matched, non-meditating control groups. The longer the children have been meditating, the better they do — and the longer their *parents* have been meditating, the better they do.³⁰

What is stress and what does it do?

Stress is any experience that overloads the mind or body, producing a structural or material abnormality in the body.

Stress involves two components: a *stressor* and a *stress response*. Example of a stressor: You are narrowly missed by a car while crossing the street. Stress response: Your body pumps out more adrenaline and cortisol, preparing you for “fight or flight.”

You can handle such experiences once in a while. But people today face frequent stressful experiences — with long-term consequences. Stress weakens your immune system and makes you more susceptible to disease; it can complicate the progression of a disease; and it can slow the healing process.

Stress directly contributes to hypertension, heart attacks, strokes, peptic ulcers, and asthma, and can aggravate such conditions as diabetes and cancer.

Stress can create fatigue, depression, and other mental-emotional disturbances — which create more stress. Stress promotes aging.

Conclusion — For optimal health and well-being, (a) *dissolve* accumulated stress and (b) become more *resilient* at handling stressful experiences.

Transcending and health Dissolving Stress and Tuning the Nervous System

WE FACE A STRESS EPIDEMIC TODAY. Experts estimate 90% of all modern disease is caused by or complicated by stress, and 75–90% of all doctor’s visits are due to stress-related ailments.

Almost half of American workers find their jobs very stressful. Stress in the workplace is estimated to cost American industry \$100-300 billion a year — in medical costs, absenteeism, job turnover, and sub-optimal performance. Stress builds up in the environment and creates a breeding ground for crime, violence, drug abuse, and all forms of antisocial behavior.

Stress management techniques and programs abound. They may aim to help you minimize stress by better organizing your time, responsibilities, or work and home environments. They may offer advice on dealing with high-pressure situations or how to relax. Some recommend changing your lifestyle or lowering your career goals.

Eliminating stress — and preventing it from accumulating

Whatever their value, these approaches do not dissolve deep-rooted stress. Only one thing can do that — deep rest. But deep-rooted stress resists even the rest we gain from sleep. We need a different kind of rest.

The experience of Transcendental Consciousness during the Transcendental Meditation technique brings an exceptionally deep state of rest — allowing the body to use its natural self-repair and purification mechanisms to dissolve deep-rooted stress and fatigue with exceptional efficiency. The technique’s effects on the body are exactly opposite those of stress.

This restful style of physiological functioning carries over into daily activity. Your autonomic nervous system remains more stable, respiration and heart rates remain lower, cortisol and blood lactate levels remain lower. Your body functions with less tension, greater relaxation, and more efficiency throughout the day.

The result: The body becomes simultaneously more stable and more adaptable. People who practice the Transcendental Meditation technique recover more quickly from stress — they respond more quickly to outer demands, then return more quickly to internal balance. They also show a calmer, more stable physiological response to stress, which prevents stress from damaging the body.³¹ Growth of Cosmic Consciousness thus brings these two benefits:

- You eliminate stress built up from the past.
- You prevent new stress from accumulating.

Faster recovery time, faster reflexes, faster reaction time

Reducing stress and improving brain functioning benefit the entire nervous system. For example, after nerve cells respond to an impulse, they require a short recovery period before they can respond again (called the *paired Hoffman Reflex*, or *H-Reflex*). The quicker the recovery, the more lively and “tuned-up” your nervous system.

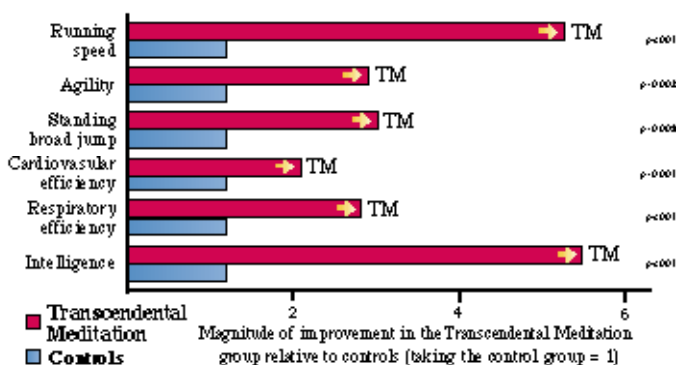
People who practice the Transcendental Meditation technique have significantly faster recovery periods than those who do not. When they learn the TM-Sidhi program and Yogic Flying, their recovery period becomes faster still.³²

The researchers who discovered this also found that fast recovery time is correlated with a surprising number of other positive values — high creativity and intelligence, the ability to learn new concepts, grade point average, and moral development. No one had known this. Though not surprising in retrospect, no one had suspected that as the nervous system becomes more responsive, mental abilities would improve hand in hand.

Motor reflexes also become measurably faster within a few weeks of learning the Transcendental Meditation technique.³³ Neurons respond more quickly and conduct signals with greater speed, and muscles respond faster to stimulation from neurons. Similarly, *reaction time* is faster.³⁴

These studies give us a picture of the nervous system waking up from deep within, of the whole system becoming livelier and more responsive, more vibrant and alert. One’s system responds more quickly, intensively, and appropriately — then returns more quickly to a more relaxed and integrated state.

Athletic Performance Improves THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



Athletes were measured on various dimensions of athletic performance, then half the group learned the Transcendental Meditation technique. Both groups then took part in the same training program. Six weeks later, both groups took the tests again. The Transcendental Meditation group had improved significantly more in each category. They also had faster reaction time, lower blood pressure, and increased hemoglobin (not shown on this chart).³⁵

Effects exactly opposite those of stress

“Research already conducted shows that the physiological effects of Transcendental Meditation are exactly the opposite to those identified by medicine as being characteristic of the body’s effort to meet the demands of stress.

“I would refer to it as a method which so relaxes the human central nervous system that it can live with stress better, that it doesn’t suffer from stress. . . . The Transcendental Meditation technique prepares the nervous system for all activity. . . . And I think if you can influence the nervous system through Transcendental Meditation so that it can really relax, really be at its best in responding non-specifically to any demand, that is an ideal solution.”³⁶

— Hans Selye, M.D., Ph.D.,
former Director, Institute of Experimental Medicine and Surgery, University of Montreal, and internationally known medical authority on stress



Healthier in every category

Practice of the Transcendental Meditation technique led to reductions in every category of disease measured by Blue Cross, including:

- 87% less — heart and blood vessel disorders
- 55% less — cancer
- 55% less — neoplastic diseases
- 73% less — respiratory problems
- 87% less — neurological disorders
- 49% less — gastro-intestinal conditions
- 30% less — infectious diseases

Overall, the Transcendental Meditation group showed a 50% reduction in disease incidence compared with norms.

Hospital admissions were also markedly reduced in all 16 disease categories studied.

In the over-40 age group, the difference was more than 70%.³⁷

This reduced incidence of disease translates into significantly reduced health care costs.

For more on improved health and reduced health care costs through the Transcendental Meditation program, see Chapter 22.

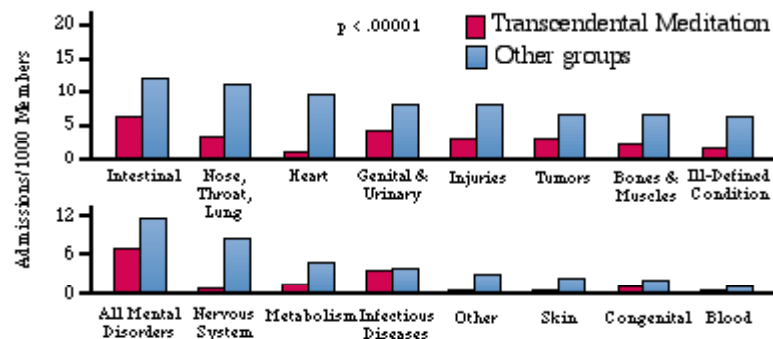
Transcending and health Reducing the Incidence of Disease

DOES REPEATED TRANSCENDING, repeated experience of the fourth state of consciousness, actually create better health? What benefits does growth of Cosmic Consciousness bring to the body?

Here the research findings are extensive, as we will see in these next pages. One of the most dramatic findings on the health benefits of the Transcendental Meditation program examined health insurance statistics. Over a 5-year period, this study tracked 2,000 people across the United States who practiced the technique. The data was collected by Blue Cross, the health insurer. The statistics for the meditation group were compared with those of a control group selected by the insurance company to match the Transcendental Meditation group for age, gender, education, profession, and insurance terms.

The overall result: The Transcendental Meditation group went to the hospital 56% less often for illness or surgery. The differences between the TM group and controls were significant in all age groups but most conspicuous in the older groups. The TM group also required 50% fewer doctors' visits. People who learned to meditate had not somehow become disenchanted with doctors — for in the area of maternity, they used health care just as much as controls.³⁷

Incidence of Disease Decreases
THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



This study looked at Blue Cross health insurance statistics over a 5-year period for more than 2,000 people throughout the U.S. who practiced the Transcendental Meditation and TM-Sidhi programs — and compared them with other groups matched for age, gender, and insurance terms. The TM participants needed much less medical treatment in all 16 disease categories — including 87% less hospitalization for heart disease, 55% less for cancer, 87% less for nervous system disorders, and 73% less for nose, throat, and lung problems.³⁷

Transcending and the heart

The Heart Becomes Healthier

NEARLY HALF OF ALL AMERICANS will die from cardiovascular disease. This modern epidemic claims 2.4 million lives each year, more than all other diseases combined. Modern medicine has failed to cure or even curb cardiovascular disease — or even pinpoint the cause. It has only identified the risk factors.

The Transcendental Meditation program has shown promise for preventing and even curing this disease. Since 1990, studies funded by the National Institutes of Health (NIH) and published in such journals as *Hypertension*, *Stroke*, the *American Journal of Cardiology*, and *Psychosomatic Medicine* have generated waves of publicity. The technique produces a dual effect: (1) It reduces the risk factors for heart disease, and (2) it reverses the damaging effects.

REDUCING THE RISK FACTORS

Reducing high blood pressure (hypertension)

In rigorously controlled clinical studies, researchers tested the Transcendental Meditation program on those for whom the leading health problem is high blood pressure — elderly African Americans. This group has 50% more hypertension than white Americans, twice the level of cardiovascular disease, and a far higher rate of deaths from it. Why? African Americans, especially low-income inner-city residents, are subject to chronic socio-environmental stress.

- The Transcendental Meditation program proved 2 1/2 times more effective in reducing blood pressure than progressive muscle relaxation (a commonly used relaxation technique) and health education classes.³⁸
- The reductions were comparable to those of standard drug treatments — but without side effects, with higher patient compliance, and at far lower cost.³⁹
- Changes of this magnitude, if sustained over the long term, would reduce cardiovascular disease and death by approximately 22–33%.
- The meditating group lived longer. Those practicing the Transcendental Meditation technique were 23% less likely to die from any cause — and 30% less likely to die from heart disease and 49% less likely from cancer.⁴⁰
- Use of antihypertensive drugs declined significantly — an average of 23% — relative to the two control groups.⁴¹
- The Transcendental Meditation technique has proven effective in reducing high blood pressure in *teens* — an age group increasingly at risk for developing hypertension. Thus learning to meditate at an early age may prevent hypertension from developing later in life.⁴²

High blood pressure and heart disease

Cardiovascular disease is the modern world's number one killer, claiming one life every 34 seconds. More people die from this disease than from all other diseases combined, including cancer and AIDS.

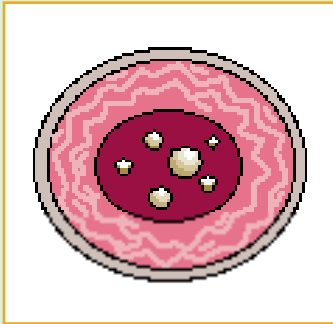
A major risk factor for heart disease is high blood pressure, or hypertension. One of every three American adults suffers from it, and the number appears to be rising. No one is safe — not even children.

Known as the *silent killer* because it has no obvious symptoms, hypertension often goes undetected until damage has been done. In half of all heart attacks, the first symptom is sudden death.

Standard medical treatment for high blood pressure includes drugs and surgery, which have (a) limited success, (b) adverse side effects, (c) low patient compliance, and (d) high lifetime cost. And they treat the symptoms, not the causes — stop taking the medication, and blood pressure bounces back up.

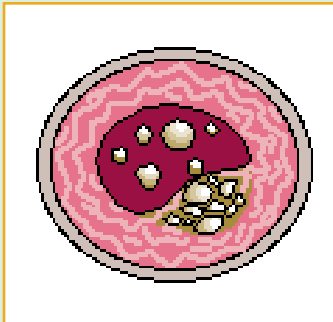
Non-drug approaches such as dieting, exercise, and reduced salt intake can lower blood pressure. But most people lack the discipline or desire to make difficult or uncomfortable lifestyle changes.

Unclogging the carotid arteries



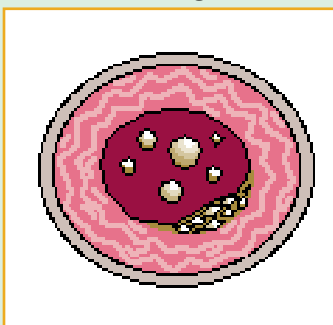
NORMAL

This artist's illustration shows a cross-section of a carotid artery, which carries oxygen and nutrients to the brain.



CLOGGED

This illustration shows the carotid artery in a patient suffering from atherosclerosis. Note the accumulation of fatty deposits, thickening the artery wall and restricting blood flow.



AFTER TM

This shows the artery becoming unclogged, as occurs among groups of patients practicing the Transcendental Meditation technique.

Disarming the risk factors for heart disease — the beneficial effects of transcending

Below are the chief risk factors for heart disease along with the scientifically documented effects of the Transcendental Meditation program:

Risk factor		Effect of the Transcendental Meditation technique
Hypertension (high blood pressure)	➔	As effective on average at reducing high blood pressure as hypertensive drugs, but without the negative side effects and at lower overall cost.
Cholesterol	➔	Has been shown to significantly reduce total serum cholesterol and lipid peroxides.
Smoking	➔	More effective at reducing smoking than programs specifically designed for smoking cessation.
Alcohol abuse	➔	More effective at reducing alcohol abuse than programs specifically designed for treating alcohol abuse.
Psychological stress	➔	Uniquely effective at dissolving psychological stress.
Socio-environmental stress	➔	Significantly reduces social stress when 1% of a population practices the Transcendental Meditation technique or the square root of 1% practices the TM and TM-Sidhi programs, including Yogic Flying, in one place.

Reducing cholesterol and lipid peroxides

Cholesterol, a major risk factor for heart disease, also declines significantly with the Transcendental Meditation technique — independent of diet. Since stress and anxiety elevate cholesterol, reduced stress should lead to reduced total cholesterol.⁴³ The Transcendental Meditation technique reduces the most dangerous form of cholesterol, believed most responsible for atherosclerosis — *lipid peroxides*, which damage blood vessel walls and promote aging.⁴⁴

Reducing free radicals

Free radicals are the notorious toxic waste molecules that your cells produce as a by-product of metabolism. Their instability causes them to attack other body cells, which contributes to many common diseases and disorders and accelerates aging. Stress stimulates higher free radical production.

The Transcendental Meditation technique reduces free radicals. We know this directly, from finding lower lipid peroxide levels in those who practice the technique, and indirectly, from the reductions in the disorders associated with free radical activity, from heart disease to aging. This indicates that the body is handling stress better and functioning in a more balanced way.

Smoking and alcohol abuse

Smoking is a key risk factor for heart disease and the number one cause of preventable death, claiming 440,000 lives per year in the U.S. alone. Standard smoking cessation programs have a poor success record: While many people may quite smoking initially, 75–80% resume smoking within a few months. One study found that among smokers who learned the Transcendental Meditation technique, more than 50% quit within two years — spontaneously, and apparently without suffering withdrawal symptoms.⁴⁵

Alcohol abuse is another major risk factor for heart disease. The Transcendental Meditation technique produces a far greater and more lasting reduction of alcohol abuse — and all forms of substance abuse — than other techniques or preventive education programs.⁴⁶

REVERSING THE DAMAGING EFFECTS

Unclogging arteries and reversing atherosclerosis

Atherosclerosis occurs as fatty deposits accumulate on the inner artery walls, clogging the arteries and restricting blood flow, much as accumulated rust and mud block the flow of water through a pipe.

Clogging in the *carotid arteries* (which rise up the sides of your neck and carry oxygen and nutrients to your brain) can cause your brain to suffocate and starve — a *stroke*. Clogging in the *coronary arteries*, which feed back into the heart muscle, can do the same thing to your heart — a *heart attack*.

Again studying African Americans with high blood pressure, researchers used non-invasive ultrasound technology to measure the thickness of patients' carotid artery walls. The thicker the wall, the narrower the channel, and the higher the risk of stroke and heart attack.

Patients who learned the Transcendental Meditation technique showed significantly reduced thickness in artery walls after seven months — the effects of atherosclerosis had actually been reversed. This was an astounding result,

Time magazine

“Medical Mantra”

“While it’s no surprise that Transcendental Meditation reduces stress, researchers now show that using TM to reach a higher state of consciousness may help unclog arteries.”⁴⁷

WebMD.com

“Transcendental Meditation Can Help Ward Off Stroke”

“This is one of the few proven stress management techniques that has been tested with our best science. . . . I would concur that it appears to have an effect on blood pressure and carotid artery thickness, and it has no adverse effects. I would say this is ready for prime time.”⁴⁸

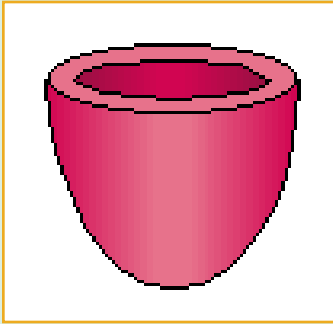
— Noel Bairey-Merz, M.D.,
Director of the Preventive Cardiology Center,
Cedars-Sinai Medical Center, Los Angeles

The Express [UK]

“Relax Your Way to Health”

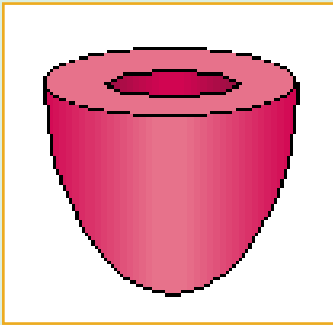
“... [this] new study has found it [the Transcendental Meditation technique] to be as effective as most drugs at preventing clogging of the arteries. It is time mainstream doctors woke up to what many people already know: that some alternative therapies really can work.”⁴⁹

Reducing left ventricle mass



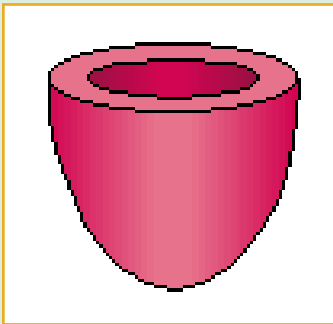
NORMAL

This artist's illustration depicts a cross section of the left ventricle, which pumps blood to the rest of the body.



ENLARGED

This illustrates the ventricle of a patient suffering from high blood pressure, with abnormally increased mass due to the extra work it must perform.



AFTER TM

This illustration depicts a ventricle that has become more normal in structure, as occurs among groups of patients practicing the Transcendental Meditation technique.

since many experts believe atherosclerosis is irreversible. A control group that received standard health education on exercise and diet and spent 20 minutes twice a day in a leisure activity showed a worsening in artery wall thickness.

The Transcendental Meditation group's results were comparable to those of lipid-lowering medications and intensive lifestyle modification programs. Researchers inferred that the same unclogging was taking place in the coronary arteries as well, where the identical forces are at work.⁵⁰

Reducing enlargement of the heart

If you have clogged arteries and high blood pressure, your heart's left ventricle has to pump harder to move your blood. Over time, the left ventricle can become abnormally enlarged. Like a bodybuilder pumping iron, this ventricle can become literally muscle-bound. People with this condition (called *left ventricular hypertrophy*, or LVH) are as likely to die of heart disease as those with high cholesterol or those who smoke.

Doctors long believed this disease was irreversible. In the 1980s, researchers showed that a strict regimen of diet and exercise as well as blood pressure drugs could reverse this condition. Recent research found that LVH patients who learned the Transcendental Meditation technique showed an 18% drop in left ventricle mass — identical to that of a control group following a strict diet and exercise regimen. This was the first time a mind-body procedure alone had been shown to reverse hypertensive heart disease.⁵¹

Relieving constriction of vessels, increasing endurance

Other research has looked at hospital patients who already had coronary artery disease. The blood vessels leading to their hearts had become constricted and blocked due to accumulated plaque. Such people cannot do much work because their hearts cannot get sufficient oxygen and nutrients.

After just eight months of Transcendental Meditation practice — with no exercise training in the meantime — these patients now had significantly greater endurance. They were able to do more work, and for longer periods. EKG tests showed the blood vessels around their hearts were noticeably less constricted.⁵²

Heart disease may be reversed by getting more exercise and eating a healthier diet — and by practicing the Transcendental Meditation technique.

Rescuing the failing heart

As all roads lead to Rome, all forms of heart disease, if left to progress, lead to heart failure. Heart failure is the end stage of heart diseases. When the heart muscle fails to receive sufficient blood supply, the heart muscle itself fails, and with it the heart's main pumping action. The result is that one tires easily and cannot do normal activities, such as walking up stairs.

The failing heart is prone to become the dying heart. The 5-year mortality rate for people with this condition is about 50%, and the number of people who die from congestive heart failure has been rising steadily.

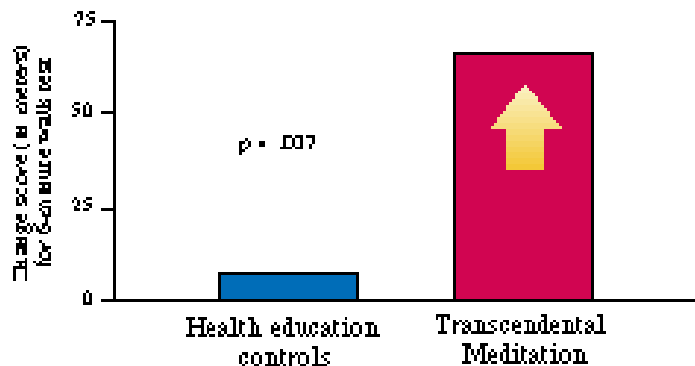
In 2007, researchers at the University of Pennsylvania, in a first-of-its-kind randomized study, showed that the Transcendental Meditation technique significantly reduces the severity of congestive heart failure.

In collaboration with the Center for Natural Medicine and Prevention at Maharishi University of Management, researchers studied a group of older African Americans with congestive heart failure and randomized them to either the Transcendental Meditation technique or conventional education in healthy lifestyle, in addition to usual medical care. Researchers measured changes in the heart's functional capacity with a six-minute walk test and found the Transcendental Meditation group improved significantly more. The improvement was similar to that of drugs but without the hazardous side-effects.

The Transcendental Meditation group also showed improved mental function and reduced depression — thus reversing a vicious cycle. Heart failure, with the resulting restriction in what one can do, can lead to depression — and in depression, the brain releases stress hormones that impair heart function and increase risk of heart failure.

This research shows that even in this very advanced condition, the progression can be reversed and a life can be saved — without drugs or surgery but simply by transcending and enlivening the body's inner intelligence.⁵³

Improvement in Heart Failure THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



African American men and women (average age: 64) recently hospitalized with congestive heart failure were randomized to either the Transcendental Meditation technique or health education — in addition to usual medical care. The TM group improved significantly on the six-minute walk test after both three and six months of TM practice compared with the control group, indicating improved functional capacity of the heart and significantly reduced severity of congestive heart failure.⁵³

A failure of heart

Congestive heart failure is a leading cause of illness and death in the West.

- It accounts for over 2.5 million hospital admissions per year in the U.S.
- Nearly 500,000 new patients are diagnosed with congestive heart failure every year.
- Nearly 300,000 patients die each year from it.
- On top of these high levels, African Americans have twice the mortality rates from congestive heart failure as white Americans.
- The common treatment, besides drugs, is to implant a defibrillator in the heart to get it pumping — expensive and invasive.
- Despite advances in treatment, the number of deaths from congestive heart failure has increased steadily.

“The results indicate that TM can be effective in improving the functional capacity, and the quality of life, of congestive heart failure patients. These results also suggest long-term improvements in survivability in these individuals.”

— Ravishankar Jayadevappa, Ph.D.,
University of Pennsylvania Department of Medicine, lead author of the study

“These subjects simply transcended regularly”

“There is an epidemic of metabolic syndrome in the U.S., related in large part to rising rates of obesity and stress.

“This study showed that this basic physiological abnormality that leads to cardiovascular disease may be reversed by a mind-body intervention alone that restores the body’s inner healing abilities.

“This research shows that the Transcendental Meditation technique helps the body tap into its inner intelligence and normalize function. These subjects simply transcended regularly, and their cardiovascular and endocrine systems regained more perfect balance.”⁵³

— Robert Schneider, M.D.,
FACC, co-author of the study

Worldwide news coverage

The study on metabolic syndrome made news worldwide, with reports appearing in major media, including the *New York Times*, *Washington Post*, CNN, and *Forbes*.

Reports by the Associated Press and Reuters were carried by hundreds of newspapers and TV stations around the country and the world.

Transcending and health Reducing the Risk of Diabetes

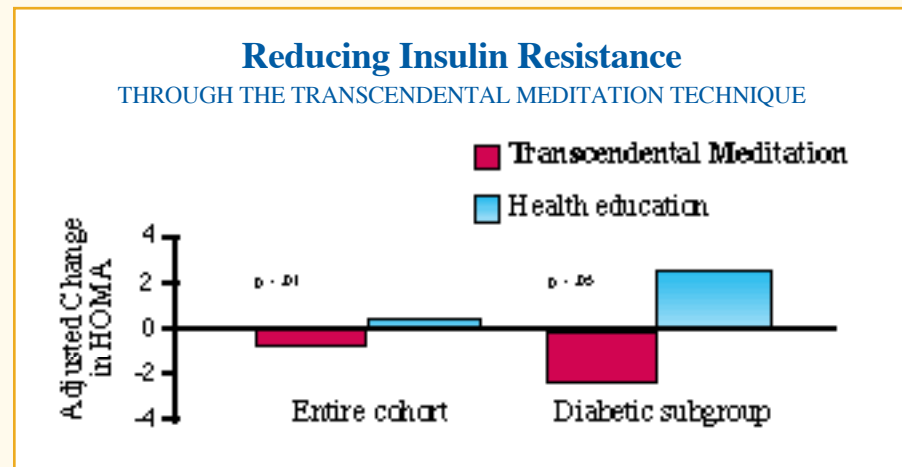
IN 2006 THE AMERICAN MEDICAL ASSOCIATION published a study, funded by the National Institutes of Health, that made news worldwide. The study showed a reduction in components of *metabolic syndrome* in a group of subjects practicing the Transcendental Meditation technique compared with a control group that received health education.

Metabolic syndrome, a precursor to both heart disease and diabetes, comprises a cluster of symptoms — high blood pressure, abdominal obesity, abnormal cholesterol, and high blood sugar.

In this study, all patients had coronary heart disease, and a subgroup also had Type 2 diabetes (the most common type). After 16 weeks, the diabetic subjects who learned the Transcendental Meditation technique, in addition to lower blood pressure, had significantly improved blood glucose and insulin levels — signifying reduced insulin resistance and more stable functioning of the autonomic nervous system.⁵⁴

Insulin resistance refers to the body’s inability to use the insulin produced by the pancreas to turn sugar, starches, and other food into energy for activity. The inability to use insulin in turn contributes to all the components of metabolic syndrome — and leads to Type 2 diabetes and cardiovascular disease.

Diabetes is a worldwide epidemic. About 21 million U.S. children and adults (7% of the population) have diabetes, mostly Type 2 diabetes — and one third are unaware they have the disease. In the U.S., diabetes contributed to at least 224,000 deaths in 2002 and claimed 10% of all health care dollars spent.



Subjects with coronary heart disease who learned the Transcendental Meditation technique, in addition to reduced blood pressure, showed significantly improved blood glucose and insulin levels, indicating reduced insulin resistance and more stable autonomic nervous system functioning.⁵⁴

Transcending and health Reducing the Brain's Reaction to Pain

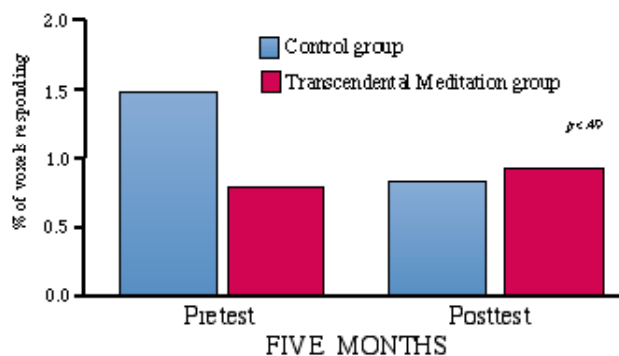
THE TRANSCENDENTAL MEDITATION TECHNIQUE appears to reduce the brain's reaction to pain, according to NIH-funded research conducted at the University of California, Irvine, and also extensively publicized.

Using magnetic resonance imaging, scientists monitored the brain's response to pain in two groups: (1) a group of men and women who had been practicing the Transcendental Meditation technique for 30 years, and (2) matched controls interested in learning the technique.

Compared with the control group, the meditating group showed a 40–50% lower brain response to pain in all brain regions studied. Then the control group learned the Transcendental Meditation technique — and five months later, their brains' responses to pain had decreased by 40% to 50%.⁵⁵

Earlier research studies showed that the Transcendental Meditation technique resolves the physiological conditions underlying various kinds of pain. Over time, moreover, the technique reduces trait anxiety, creates greater equanimity in reacting to stress, and decreases distress from acute pain. This study showed that the Transcendental Meditation technique produces a fundamental change in how the brain functions, creating a physiological state capable of modifying various kinds of pain.

Reducing the Brain's Reaction to Pain
THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



At pretest, long-term Transcendental Meditation participants showed a 40–50% lower brain response to pain than healthy controls in all brain regions studied. Then the control subjects learned the Transcendental Meditation technique. Five months later, their brain response to pain had decreased by 40–50%. There was no statistical difference in brain response between the two groups.⁵⁵

Anxiety and pain

People who practice the Transcendental Meditation technique are just as sensitive to sensory input as everyone else, perhaps even more so, according to several studies — but they are not so distressed by the pain.

Anxiety exacerbates pain. For example, those who see the world as a threatening place show larger stress responses to negative events. In contrast, those who are less anxious feel pain but are less distressed by it.

With practice of the Transcendental Meditation technique, pure consciousness becomes increasingly integrated into one's daily experience — further developing a stable internal frame of reference of bliss that gives one equanimity through the ups and downs of daily life.

Pain facts

According to the American Academy of Pain Medicine, pain afflicts 50 million people worldwide, and acute pain is the most common reason people seek medical attention.

Stress responses to untreated pain adversely impact all bodily systems, especially the cardiovascular, endocrine, respiratory, and immune systems.

The cost of treating pain is estimated at \$100 billion each year in the U.S. alone.

The anti-aging hormone DHEA-S increases with TM

For an excellent barometer of biological age and overall health, measure the hormone dehydroepiandrosterone sulfate — DHEA-S.

In a young adult, DHEA-S is the most abundant hormone in the body, peaking in the early 20s — but then declining rapidly with age. By the 80s, it drops to 10–20% of its peak level. DHEA-S also drops during high stress or illness.

The higher one's level of DHEA-S, the lower one's risk of heart disease, breast cancer, diabetes, and age-related diseases — and the longer one's life span.

People practicing the Transcendental Meditation technique have significantly higher levels of DHEA-S than age-matched controls. In one study, the DHEA-S level in meditators was comparable to individuals 5 to 10 years younger.⁵⁷



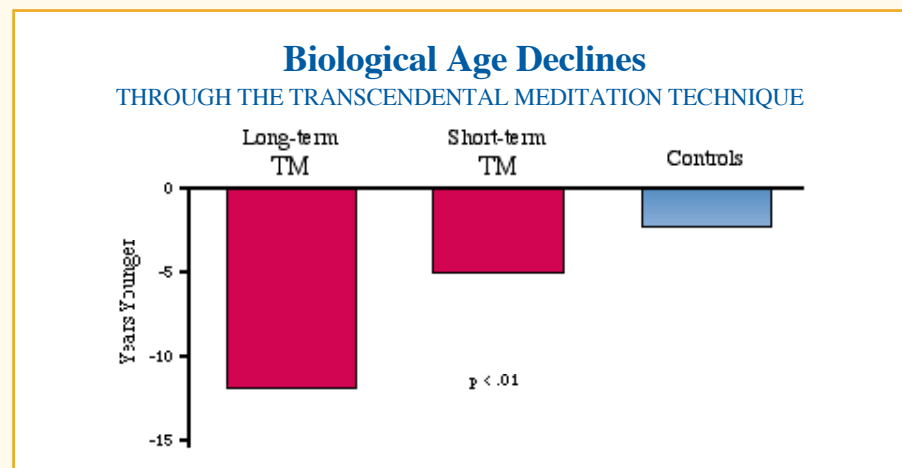
Transcending and health Reversing the Aging Process and Extending Life Span

WHY DO SOME PEOPLE seem to age more slowly than others? Why do some people seem to look and feel more youthful as they grow older than other people the same age?

People's bodies age at different rates. Your body's *biological age* normally corresponds roughly to your chronological age. But it could also be higher or lower. Of two 40-year-old men, for example, one might have a biological age of 45, the other only 35. Biological age is an excellent measure of overall health.

Stress accelerates aging. Modern medicine has had little success dealing with stress and thus little success with aging-related problems. But if stress could be dissolved and resistance to stress increased, biological aging might be slowed, even reversed. This is just what research on the Transcendental Meditation technique has discovered.

Using a standard method of calculating biological age, researchers found that people in their 50s who had been meditating for five or more years had an average biological age 12 years younger than their chronological age. Some subjects were up to 27 years younger — independent of their diet and exercise patterns. The longer the subjects meditated, the younger their bodies became.⁵⁶



This study found that, as a group, long-term Transcendental Meditation participants (those practicing the technique more than five years) were physiologically 12 years younger than their chronological age (measured by lower blood pressure, better near-point vision, and better auditory discrimination). Short-term TM participants were physiologically five years younger than their chronological age. The study statistically controlled for the effects of diet and exercise.⁵⁶

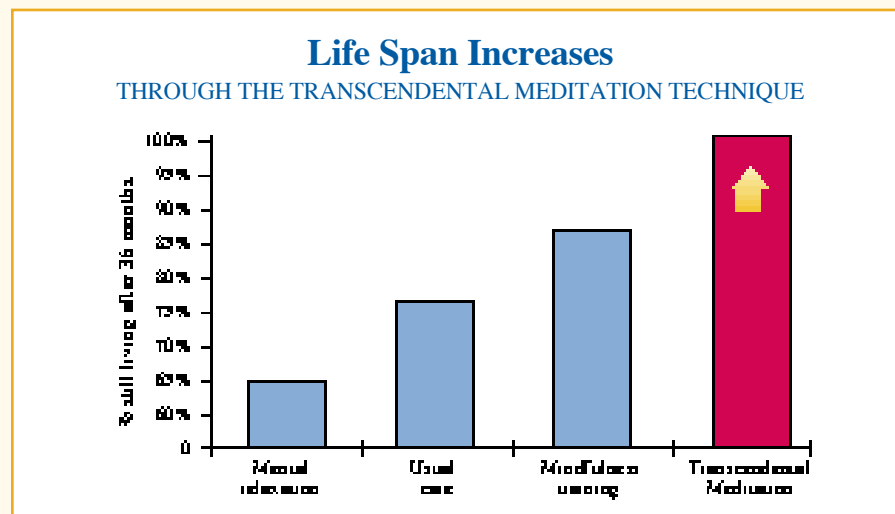
Life span extended by 23% compared with controls

Quality of life in older age is as important as length of life. In a widely publicized study, elderly people in residential homes (mean age: 81) were divided into four groups. One learned the Transcendental Meditation technique, a second learned “mindfulness training” (designed to culture alertness), a third learned a common relaxation procedure, and the fourth received usual care.

The dramatic finding came at post test three years later. Everyone in the Transcendental Meditation group was still living. In the other groups, the survival rate was significantly lower (see chart below). Quality of life also improved more in the meditating group than in the others. They showed greater cognitive flexibility, better mental health, and lower blood pressure, all of which usually deteriorate with age. They also reported they felt younger.⁵⁸

Fifteen years later, a follow-up study on these same subjects found the meditating subjects lived 23% longer than the others. This was the first time a self-development procedure had been shown to directly extend life-span.⁵⁹

An identical result came from a comprehensive NIH-funded study that followed older subjects with mild high blood pressure. Subjects were randomly assigned to the Transcendental Meditation program, mindfulness training, progressive muscle relaxation, or health education and tracked for up to 18 years. Those practicing the Transcendental Meditation technique lived 23% longer than others — and were 30% less likely to die from cardiovascular disease and 49% less likely to die from cancer. Published in the *American Journal of Cardiology*, this study was the subject of more than 1,000 media reports.⁶⁰



In the nursing home study described above, 100% of the patients in the group randomly assigned to the Transcendental Meditation technique were still living after three years. The group with the lowest survival rate was the one taught a common mental relaxation procedure designed to simulate the Transcendental Meditation technique.⁵⁸

Reducing the risk of cancer

Practicing the Transcendental Meditation program may reduce the risk of cancer:

- The study using Blue Cross health insurance statistics showed that cancer rates among Transcendental Meditation participants are 55% lower than average (page 102).
- A later study found even better results when people combined the Transcendental Meditation technique with other aspects of Maharishi Consciousness-Based Health Care (MCBHC) — proper diet, exercise, and herbal compounds such as Maharishi Amrit Kalash.™ Blue Cross statistics showed that the MCBHC group was 74% less likely to be treated for cancer than the norm or control groups (page 443).
- The hypertension studies showed that, over an average of eight years, mortality rates from cancer were 49% lower among subjects randomly assigned to the Transcendental Meditation program than among control subjects (page 103).

SUMMARY OF RESEARCH

Reversing the effects of aging

Scientific research demonstrates that the detrimental effects of the aging process are reversed through the Transcendental Meditation technique. Each of the factors listed on this chart generally deteriorates with age. The opposite change on each factor — indicating a reversal of the aging process — has been measured in research studies on the Transcendental Meditation and TM-Sidhi programs.

PHYSIOLOGY	Through Aging	Through the TM program
Blood pressure — systolic	↑	↓
Blood pressure — diastolic	↑	↓
Cardiovascular efficiency	↓	↑
Cerebral blood flow	↓	↑
Vital capacity	↓	↑
Temperature homeostasis	↓	↑
EEG alpha power	↓	↑
Visual evoked potentials — P300 latency	↑	↓
Reflex latency (monosynaptic reflex)	↑	↓
Reflex recovery time (paired H-reflex)	↑	↓
Muscle contraction time (fast and mixed muscles)	↑	↓
Neuromuscular coordination	↓	↑
Insomnia (time to fall asleep)	↑	↓
Sleep disturbance (awakenings per night)	↑	↓
Daytime sleep	↑	↓
Susceptibility to stress	↑	↓
Periodontal health	↓	↑
Erythrocyte sedimentation rate	↑	↓
BIOCHEMISTRY		
Serum cholesterol	↑	↓
Serum DHEA-S (dehydroepiandrosterone sulphate)	↓	↑
Efficiency of endocrine control (pituitary-thyroid axis)	↓	↓
Glucose tolerance	↓	↑
PERCEPTION AND MIND-BODY COORDINATION	Through Aging	Through the TM program
Visual acuity	↓	↑
Auditory threshold	↑	↓
Dichotic listening	↓	↑
Field independence	↓	↑
Perceptual flexibility	↓	↑
Behavioral rigidity	↑	↓
Perceptual-motor performance	↓	↑
Reaction time — simple	↑	↓
Reaction time — choice	↑	↓
Complex sensory-motor performance	↓	↑
PSYCHOLOGY		
Fluid intelligence	↓	↑
Creativity	↓	↑
Learning ability (paired associate learning)	↓	↑
Memory — verbal	↓	↑
Memory — visual	↓	↑
Organization of memory	↓	↑
Cognitive flexibility	↓	↑
Depression	↑	↓
Self-evaluation of health and well-being	↓	↑
REQUIREMENTS FOR MEDICAL CARE		
Patient days in hospital (medical and surgical)	↑	↓
Outpatient visits (medical and surgical)	↑	↓
Health care costs	↑	↓

SUMMARY OF RESEARCH

Benefit at each stage of the disease model

Modern medicine uses a three-stage model of disease causation, illustrated below. Regular experience of transcending by means of the Transcendental Meditation technique brings dramatic benefit to each stage of the model.



The *risk factors* that lead to disease, particularly heart disease, include:

- Hypertension
- Smoking
- Alcohol abuse
- Cholesterol
- Psychological stress
- Obesity
- Socio-environmental stress

Risk factors, if unchecked, can lead to *disease*. If risk factors can be checked, disease rates are reduced.

Disease, if unchecked, can lead to *death*. If disease can be checked, death rates should be reduced.

**What happens
with regular
transcending**

through the Transcendental
Meditation technique

Separate research studies show that the Transcendental Meditation program reduces each of these risk factors — independent of changes in physical activity.

**What happens
with regular
transcending**

through the Transcendental
Meditation technique

Research studies demonstrate that the Transcendental Meditation program

- reduces the incidence of disease — cardiovascular and all other major categories
- reduces health care costs, indicating reduced disease.

**What happens
with regular
transcending**

through the Transcendental
Meditation technique

Research studies demonstrate that the Transcendental Meditation program

- slows and reverses aging
- lengthens life span
- reduces death from cardiovascular disease by 30% and from cancer by 49%
- lowers death rates from all causes by 23%.

We see the effects of the Transcendental Meditation technique at each stage in the model. Regular experience of Transcendental Consciousness, the fourth state of consciousness, enlivens the body's inner intelligence, reduces stress, balances the physiology, and thereby improves all dimensions of health.

Negative personality traits decrease with the Transcendental Meditation technique . . .

- ↓ less depression
- ↓ less anxiety
- ↓ less nervousness
- ↓ less irritability
- ↓ less sensitivity to criticism
- ↓ less sense of social inadequacy
- ↓ less sense of physical inadequacy
- ↓ less tendency to dominate
- ↓ less aggressiveness
- ↓ less need for acceptance
- ↓ reduced need for external stimulation
- ↓ less impulsiveness
- ↓ less interested in superficial social contacts
- ↓ less fatigue
- ↓ less inhibition
- ↓ less neuroticism
- ↓ less vulnerability⁶²



Transcending and relationships Exceptional Development of Personality

STRONG AND FULFILLING RELATIONSHIPS, almost everyone agrees, depend on your being strong and fulfilled in yourself. Psychologists concur that most problems between people arise from problems *within* people.

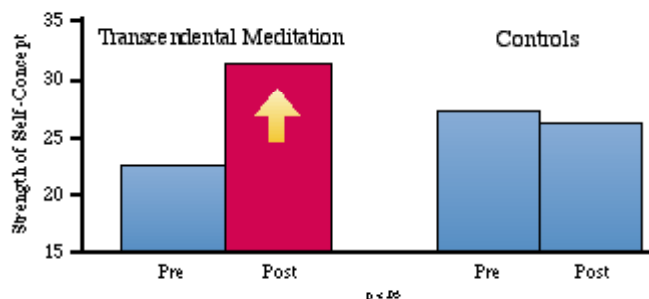
As stress dissolves and Cosmic Consciousness grows, one's personality blossoms, as scores of psychological studies have shown. For example:

Self-esteem increases significantly

Self-esteem has become a popular topic of discussion, especially building self-esteem in children. Of all the factors we consider important during school years (intelligence, grades, popularity), the only accurate predictor of success in later life is self-esteem. High self-esteem, according to many experts, forms the basis of psychological health and success in life.

Since it is difficult to improve self-esteem after early childhood, childhood self-esteem is very important. But parents have to possess self-esteem themselves to nurture it in their children. While popular strategies such as motivational books and tapes can inspire, they do not appear to create long-term change in self-esteem. The Transcendental Meditation technique, on the other hand, delivers the experience of your true, actual Self — pure, unbounded bliss consciousness — which naturally results in increased self-esteem.⁶¹

Strength of Self-Concept Increases THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



Two matched groups of people were measured for strength of self-concept. Then one group learned the Transcendental Meditation technique. A month later they were retested. The meditation group showed significantly improved self-concept and had also come to perceive their “actual self” as significantly closer to their “ideal self.” The matched control group showed no change. By improving self-concept, the Transcendental Meditation program enhances self-confidence and creates a stronger personality.⁶¹

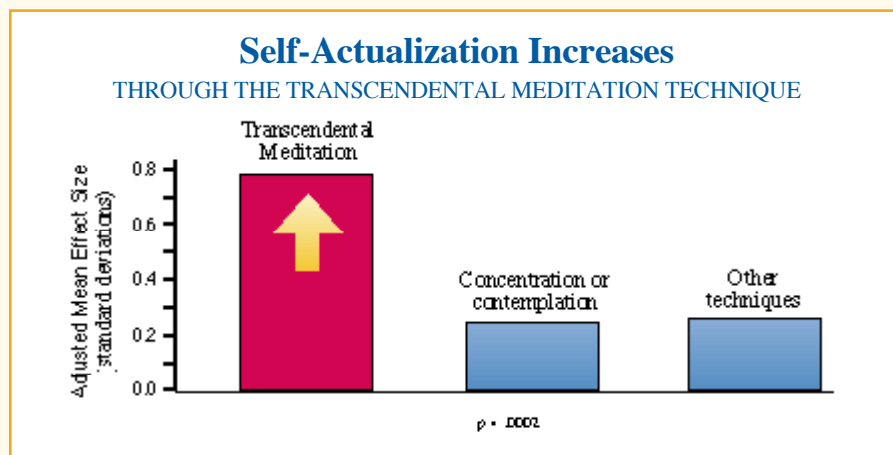
Healthy, satisfying relationships are based on giving, Maharishi observes — giving is the basis of receiving. But only a full cup can overflow, he points out. Only a person who is fully developed can give maximum to others. When people are developing their total potential, then when they come together with other people, they can *meet to give*, to use Maharishi's phrase, rather than meeting because they need something from someone else.

Self-actualization increases significantly

In the 1950s, American psychologist Abraham Maslow departed radically from mainstream psychology. Instead of studying the disturbed and disordered, he began to study the happy and healthy, the strong and successful.

To describe the most highly developed people he encountered, Maslow coined the term *self-actualization*. People who reach the highest levels of self-actualization, he found, have many qualities in common, all highly positive. They are creative and successful. They are emotionally mature, with high self-esteem, and they cultivate their positive qualities.

Self-actualized people, Maslow found, live more fully in the present and think and act more spontaneously and naturally, without anxiety and stress. They possess high moral standards, high aspirations, and high ideals. Maintaining a broader perspective on life, they esteem truth and beauty and value self-development over social acceptance. At the same time, they are more open and sensitive. They have a constructive, positive attitude toward human nature and are better able to form warm and fulfilling relationships.



Statistical meta-analysis of all available research studies (42 independent study results) indicated that practice of the Transcendental Meditation technique increased self-actualization by about three times as much as procedures of contemplation, concentration, or other techniques. The Transcendental Meditation subjects improved significantly on all 12 subscales compared with controls over an average three-month period, indicating balanced growth of all aspects of personality.⁶³

... while positive personality traits increase

- ↑ increased self-esteem and self-acceptance
- ↑ greater self-confidence
- ↑ better self-image
- ↑ improved perception of others
- ↑ greater contentment
- ↑ greater emotional stability
- ↑ greater flexibility
- ↑ increased spontaneity
- ↑ greater naturalness
- ↑ more affectionate
- ↑ more tolerant
- ↑ more trusting
- ↑ increased good humor
- ↑ increased independence and self-supportiveness
- ↑ increased sensitivity to one's own needs and feelings
- ↑ increased capacity for warm interpersonal relationships
- ↑ increased ability to live fully in the present
- ↑ increased ability to connect past and present meaningfully
- ↑ greater sociability
- ↑ increased respectfulness
- ↑ greater respect for traditional religious values
- ↑ increased ability to set priorities
- ↑ increased foresight
- ↑ greater aestheticism⁶²

Experiences of growing Cosmic Consciousness through the Transcendental Meditation program

“Often sense a silence that underlies all my thoughts and emotions, whatever they are. That silence seems more lasting and ‘real’ than the phenomenon on the surface. Particularly with strong feelings, I notice that I identify more with the silence than with the feelings.”⁶⁵

“Gradually over the years, as the experience of pure consciousness became increasingly familiar in meditation, I began to experience it not just as a state with no thought but as unbounded, beyond the limitations of my individuality, and then as the unbounded, unchanging essence of my existence.

“Also there is less of a contrast between activity and meditation. Sometimes during the day with varying degrees of clarity, my awareness is this unbounded wholeness of my Self, quietly accompanying the thoughts and feelings in my daily life. It is not a mood or conception about myself, it is a natural state in which I am myself more fully.”⁶⁶

Self-actualization has become the most well-accepted concept of psychological health and growth. Yet psychological maturation is ordinarily slow and haphazard and typically stops by late adolescence. No one has discovered any reliable means of promoting self-actualization. Maslow and others have found, moreover, that self-actualized people are exceedingly rare — less than 1% of all people reach the highest levels of self-actualization.

In all the psychological research on the effects of the Transcendental Meditation program, one finding stands out: People become significantly more self-actualized. The research shows clearly that even among adults, whose development has supposedly stopped, self-actualization can be increased.

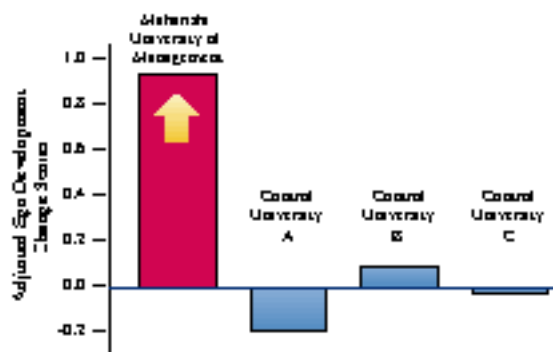
And quickly, too. Dramatic growth in self-actualization has been measured in as little as six weeks. And it keeps on increasing. People who have been meditating two to four years show almost twice as much growth as those who have been meditating a year or two. Many long-term meditators score at the top level of the tests used. And this growth is balanced and comprehensive, with improvements in every quality that self-actualization tests measure.⁶³

Self-development increases significantly

Overall self-development (termed ego development) refers to the maturity of the personality as a whole — mental, emotional, social, and moral. Such development ordinarily plateaus by about age 18; even a college education does not increase it. People who score in the top two of the nine levels on this measure are regarded as self-actualized — and fewer than 3% score that high.

Researchers tested groups of students at Maharishi University of Manage-

Self-Development Increases THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



A ten-year longitudinal study found that alumni of Maharishi University of Management increased significantly on ego development in contrast to alumni from three control universities. An unprecedented 38% scored in the top two of the ten levels, compared with less than 3% for national norms and for the alumni of control schools. People who score in the top two levels are considered self-actualized.⁶⁴

ment and at three other universities. Among students at other universities, 1% scored at the two highest levels — around the national norm. Among Maharishi University of Management students, 9% scored at these two highest levels — an unusually high percentage, but then again, they had been meditating an average of four years at that point.

Ten years later, the same subjects, now into their careers, were given the same test. Those from other universities had not changed at all — not surprising, since this measure does not change after the late teens. But the scores from the Maharishi University of Management graduates were astonishing: 38% now scored at the two highest levels of ego development.⁶⁴

This result had never been seen before. It demonstrates how profoundly deep and beneficial the phenomenon of transcending is — and shows that we now have a way to promote holistic self-development even in adulthood.

Anxiety declines significantly

Anxiety is the most widespread of mental disorders. It may stem from a specific event, such as the intense fear of a near accident. Or it may be more general, with no obvious cause, resulting in chronic worrying, restlessness, and tension. At greatest risk are women, young people, African Americans, and those of lower socio-economic status. Regulating anxiety is critical to health.

Study after study has shown the effectiveness of the Transcendental Meditation program in reducing anxiety, both short-term and long-term — even in prisons and psychiatric settings and including such challenging forms of anxiety as post-Vietnam stress disorder.⁶⁷

Enhancing relationships

These kinds of benefits naturally carry over into our relations with other people. Studies have shown that even after just two months' practice of the Transcendental Meditation technique, people's capacity for positive relationships improves significantly. People develop a more positive view of human nature and greater ability to appreciate others, along with greater sociability, greater tolerance, and fewer feelings of social inadequacy.⁶⁸

Relationships improve in a variety of settings:

- **On the job**, people who learn the Transcendental Meditation technique show significantly improved relationships with their coworkers and supervisors.⁶⁹
- **In schools**, students enjoy improved relations with peers and teachers.⁷⁰
- **At home**, husbands and wives enjoy greater intimacy, happiness, and ability to adjust and agree.⁷¹

Making full use of one's surroundings

Tn order to really make full use of the surroundings, one has to be a normal man, and . . . a normal man is a man of cosmic consciousness — a fully grown man is a perfectly developed personality. It is in this state that one receives full advantage from the surroundings, because in this state one's heart and mind are established on that level from which all the laws of nature are working out the evolution of everything. That level of nature alone knows how to give because the laws of nature are based on that level. Only from that level of cosmic consciousness can one really give. When one sets himself on this level of maximum giving, then one is in a position to receive the maximum.

“By attaining the state of cosmic consciousness — the state of normality — through the regular practice of Transcendental Meditation, one naturally puts himself in a state where he will not only be making full use of the surroundings, but also where the surroundings will be of full use to him.”⁷² — Maharishi

Fulfilling one's thought without loss of time

“The practice of Transcendental Meditation produces transcendental consciousness. Transcendental consciousness is unbounded awareness. The TM-Sidhi program consciously enlivens that unbounded awareness and creates the ability to function from the level of that unbounded awareness. Any thought consciously projected from that unbounded awareness will be so powerful, will be so much supported by all the laws of nature, that it will be fulfilled without problems, without loss of time.”⁷⁸ — Maharishi



What Yogic Flying Adds to the Transcendental Meditation Program

HOW DOES THE TM-SIDHI PROGRAM affect the remarkable growth we see with the Transcendental Meditation program by itself? It appears to accelerate benefits across the board.

Accelerating the growth of EEG coherence

Research has found significantly increased frontal EEG coherence after three months of TM-Sidhi practice, compared with controls practicing the Transcendental Meditation technique alone.⁷³ Increased EEG coherence is correlated with higher intelligence, creativity, moral reasoning, efficiency in learning new concepts, academic achievement, and neurological efficiency, plus decreased neuroticism and clearer experiences of Transcendental Consciousness.

Accelerating the growth of creativity and intelligence

The TM-Sidhi program accelerates the growth of creativity and intelligence beyond what is fostered by the Transcendental Meditation technique by itself. The longer one practices the TM-Sidhi program, the greater the growth.⁷⁴

Accelerating the growth of field independence

TM-Sidhi program participants have been found to score so well on one measure of field independence that the allotted time had to be shortened by 50% to allow differentiation to occur within the group.⁷⁵

Accelerating the ability to learn new concepts

People who learn the TM-Sidhi program have shown greater improvement in cognitive abilities — in particular, improved efficiency of concept learning, which is correlated with EEG coherence.⁷⁶

Accelerating the growth of moral reasoning ability

TM-Sidhi participants show a higher degree of moral reasoning than people who practice the Transcendental Meditation technique by itself, who in turn show a higher degree of moral reasoning ability than non-meditators.⁷⁷

Accelerating the growth of positivity

People who practice the TM and TM-Sidhi programs are consistently oriented toward more positive values. Their whole outlook on life changes toward more positivity. The whole structure of the personality seems to become more positive from the inside out. People who practice the Transcendental Meditation

technique display more positivity than those who do not, and people who go on to learn the TM-Sidhi program display more positivity than those who practice the Transcendental Meditation technique by itself.⁷⁹

Accelerating the growth of psychological health

People who practice the Transcendental Meditation program grow in all aspects of psychological health, and those who add the TM-Sidhi program grow in psychological health at an even faster rate. Their interests are more diverse, yet the diverse aspects of their personality are more integrated.⁸⁰

Accelerating the nervous system's responsiveness

The TM-Sidhi program brings even greater integration, efficiency, and refinement to nervous system functioning. Paired H-Reflex time becomes faster, indicating the nervous system is becoming even more awake and responsive.⁸¹

Accelerating the improvement of sensory abilities

Some TM-Sidhi techniques are designed to enhance specific perceptual abilities. One study found that Yogic Flyers have remarkably sensitive hearing compared with the norm. Immediately after practicing the TM-Sidhi technique for enhanced hearing, their hearing became even more acute. This is an unusual finding, since auditory thresholds decline as people age.⁸²

What practicing Yogic Flying in a group adds to Yogic Flying

“When we do our practice in a group, everyone enjoys the effect of everyone else in the group. If we have a group of a hundred people, the effect of the group purity on our personal experience will be many, many times more.

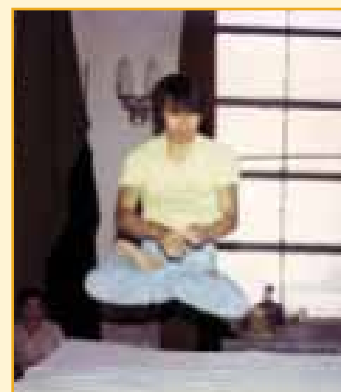
“In a group you get many, many times more refined perception than when you practice alone. That is the reason why in a group the experiences are deeper. Deeper experiences mean that the awareness fathoms much greater levels of unity.

“In the TM-Sidhi practice, you have gone from diversity to unity. So the deeper you go, the purer the levels of unity you perceive. So the ability of perception becomes many, many times more in a group of a hundred flyers.

“It is the perception, it is the direct experiencing process, that unfolds clearer values of the TM-Sidhis in a group.”⁸³ — Maharishi

“We are in a position to accomplish anything.”

“The TM-Sidhi program is the key to heavenly life on earth. This is because it trains the conscious mind to function from bliss consciousness, the self-referral state of pure consciousness, which is the total potential of Natural Law. It trains the awareness to function in the same self-interacting style as the intelligence of Nature. Functioning from this level the individual gains mastery over Natural Law. With this perfect science and technology of Natural Law, we are in a position to accomplish anything — we are in a position to create Heaven on Earth.”⁸⁴ — Maharishi



“Creates balance at the deepest level”

The Transcendental Meditation technique creates balance at the deepest level of the physiology — at the level of consciousness itself.



When a health intervention works at such a profound level, it creates more profound changes at all other levels of the human physiology as well.

“The Transcendental Meditation technique allows one to enliven this most fundamental level of existence, leading to greater benefits — and healthier choices — in creating mental and physical health.”

— Sandeep Chaudhary, M.D., Medical Director of Wellspring Endocrinology, Scripps Memorial Hospital, La Jolla, California



Statistical meta-analyses Comparing Techniques

HUNDREDS OF SELF-DEVELOPMENT PROCEDURES are available these days. Some people may assume that all such techniques are about the same and produce the same results. What does the research indicate?

To examine differences among procedures, scientists have gathered all published research results on all meditation procedures and other techniques and analyzed them using an advanced statistical procedure called *meta-analysis*. This allows them to compare large amounts of data from many different studies and draw precise, mathematical conclusions.

A number of meta-analyses have been published so far, each an exhaustive study comparing the findings and summarizing the results of hundreds of other scientific studies — several decades of experiments — on the Transcendental Meditation technique and other forms of meditation and other techniques.

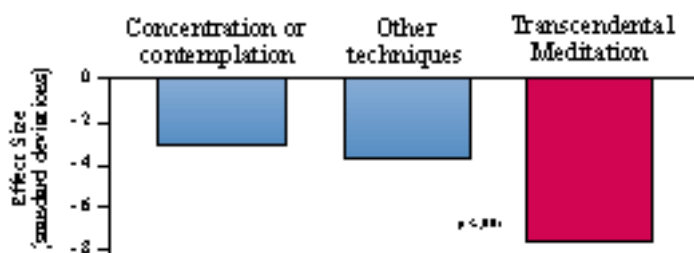
Deepest rest

A meta-analysis published in *American Psychologist* found that the Transcendental Meditation technique produces more than twice the degree of physiological rest produced by simply sitting with eyes closed.⁸⁵

Most relaxed physiological functioning

People who practice the Transcendental Meditation technique have a more relaxed style of physiological functioning *outside of* meditation, during their daily activity, than those who practice other techniques.⁸⁶

Greatest Reductions in Anxiety THROUGH THE TRANSCENDENTAL MEDITATION TECHNIQUE



A meta-analysis conducted at Stanford University of all available studies on anxiety (146 independent study results) found the Transcendental Meditation program is significantly more effective in reducing trait anxiety than concentration or contemplation procedures or other techniques. These positive results could not be attributed to subject expectation, experimenter bias, or quality of research design. In fact, the studies with the most rigorous research design showed the most significant results for the Transcendental Meditation technique.⁸⁷

Most effective at reducing anxiety and stress

The Transcendental Meditation technique produces over twice the reduction in trait anxiety (chronic stress) than any other technique. Most other techniques were no more effective than placebo techniques (e.g., sitting with eyes closed).⁸⁷

Greatest self-actualization

A meta-analysis published in the *Journal of Social Behavior and Personality* showed the Transcendental Meditation technique to increase self-actualization by three times as large an effect as that of other techniques.⁸⁸

Most effective in alleviating drug abuse

The Transcendental Meditation technique results in a greater degree of reduction — and more lasting reduction — in consumption of alcohol, drugs, and cigarettes than other techniques or preventive education programs.⁸⁹

Most effective in promoting psychological health

The Transcendental Meditation technique is significantly more effective than other procedures at enhancing psychological health and maturity, indicated by increased self-regard, spontaneity, and capacity for warm relationships.⁹⁰

Most effective in reducing high blood pressure

The Transcendental Meditation technique produces a statistically significant reduction in high blood pressure that is not found with other forms of relaxation, meditation, biofeedback, or stress management.⁹¹

How do other techniques affect the brain?

A research study compared Tibetan Buddhist meditation, mindfulness meditation, and the Transcendental Meditation technique using neural imaging and EEG data. The results:

- **Tibetan meditation** is strenuous, with EEG readings in the 40 Hz range (gamma waves). Neural imaging reveals that the brain is very active.
- In **mindfulness meditation**, brain functioning appears imbalanced, with considerable activity in the left front cortex, the part of the brain associated with evaluating.
- The **Transcendental Meditation** technique gives rise to global coherent alpha waves, which are correlated with the experience of pure consciousness. This EEG pattern is not seen in other meditation practices.⁹²

“Widest range of benefits”

“I tell everyone that the Transcendental Meditation technique is the most



effective, scientifically validated procedure to reduce stress and promote

health. Of all the things you can do for your health, this has the most far-reaching and widest range of benefits.”

— Nancy Lonsdorf, M.D.,
author of *A Woman's Best Medicine* and
The Ageless Woman



Why is the Transcendental Meditation technique the most effective?

Simply put, it allows the mind to *transcend* — to settle beyond perceptions, thoughts, and feelings. In a single stroke, the process of transcending

- brings the experience of the simplest form of awareness, pure consciousness
- brings the brain to its most coherent, wide-awake style of functioning
- brings the body to a very deep state of rest.

This is the fourth state of consciousness, Transcendental Consciousness — the experience of the Self, the inner ocean of pure knowledge, power, and bliss. This simple experience of transcending — the natural capacity of every person on earth — has been missing in modern life. Once this experience is restored, all areas of life flourish.



Other Features Unique to the Transcendental Meditation and TM-Sidhi Programs

The most effective way to increase intelligence

An extensive research review has shown that no other technique or program systematically increases intelligence in mature adults.⁹³

The most effective way to promote ego development

In the normal adult population, less than 3% measures in the highest two stages of ego development, a level of psychological maturity indicating the person is self-actualized. A study of long-term Transcendental Meditation practitioners, in contrast, shows 38% in the highest two stages.⁹⁴

The most effective way to reduce illness and health care costs

The Transcendental Meditation program reduces sickness and health-care utilization more effectively than any other technique tested. A study of insurance statistics of a group of 2,000 Transcendental Meditation participants, tracked over five years, showed a 50% reduction in overall health-care use. For serious health problems, the reductions were much larger: 87% less heart disease, for example, and, in the high-risk over-40 age group, 76% less major surgery.⁹⁵

The most effective means of rehabilitating prisoners

The Transcendental Meditation technique is the only procedure with scientific evidence to show that it effectively rehabilitates prison inmates. The Transcendental Meditation program has been shown to reduce recidivism (the rate at which released prisoners return to prison) by 40% over three years. No other program has been remotely as effective.⁹⁶

The only known method of creating coherence in society

The Transcendental Meditation and TM-Sidhi programs represent the only methodology proven to radiate a measurable influence of harmony and coherence into the surrounding society, as indicated by reduced negative values (crime, accidents, sickness, violence, inflation and unemployment) and increased positive values.⁹⁷

The large comparative meta-analyses and other studies demonstrate that not all techniques are the same and that the Transcendental Meditation and TM-Sidhi programs are more effective than any other technique tested.

Charting the unprecedented **Growth where growth was believed impossible**

Over the past 25 years, at universities and research institutions around the world, scientists have been accumulating research results that are transforming our conception of human life.

Area measured	What ordinarily happens?	What happens with the Transcendental Meditation and TM-Sidhi programs?
Intelligence (IQ) Measures abstract intelligence, the ability to analyze and synthesize information; reflected in academic achievement.	Ordinarily levels off in adolescence. Despite intensive research, nothing has been found to increase IQ permanently.	Increases significantly at any age. Correlated with increased alpha wave coherence.
Practical intelligence Indicator of success in life — in professional work and in dealing with challenging situations — as well as with emotional well-being.	Does not typically increase during school years; grows only with maturation and with real-world experience.	Unprecedented and consistent growth even during school years.
Field independence The ability to maintain broad comprehension while focusing sharply — a highly significant measure of psychological development.	Does not ordinarily change in adulthood.	Increases significantly with practice of the Transcendental Meditation technique.
Moral reasoning Ability to take others' interests and needs into consideration, to base one's actions on universal principles of human conduct.	Does not typically change in adulthood. Can be influenced by training, but no method has been found to raise a person's moral reasoning ability to the highest levels.	Increases with practice of the Transcendental Meditation technique, and increases further with practice of the TM-Sidhi program.
Ego development A measure of overall self-development — mental, emotional, social, and moral development.	Ordinarily plateaus by about age 18. Despite diligent efforts, nothing — not even a college education — has been found to increase ego development after 18.	Has been shown to increase dramatically, reaching the highest level reported in the research literature — the level known as <i>self-actualization</i> .
Interpersonal warmth A feature of positive mental health — empathy, openness to others, intimacy, capacity to experience joy and delight.	Does not normally change — interpersonal warmth or “intimacy motivation” appears to be a stable personality characteristic.	Increases to levels that are considered high.



Research Conducted at 250 Universities and Research Institutions

OVER THE PAST 35 YEARS, research on the Transcendental Meditation and TM-Sidhi programs, including Yogic Flying, has been conducted at 250 independent universities and research institutions in 33 countries around the world, including:

- Ball State University
- Boston City Hospital
- Boston University
- Boston VA Hospital
- Brandeis University
- Buffalo VA Hospital
- California State College, Sonoma
- California State University, Hayward
- California State University, Long Beach
- California State University, Northridge
- Cedars-Sinai Medical Center
- Charles R. Drew University of Medicine
- Cleveland VA Medical Center
- Cornell University
- Denver Veterans Administration
- Eastern Kentucky University
- Eastern Michigan University
- George Washington University
- Hampshire College
- Harvard Medical School
- Harvard University
- Indiana State University
- Indiana University
- Lawrence Livermore National Laboratory
- Long Beach VA Hospital
- Macquarie University (Australia)
- Maharishi European Research University
- Maharishi University of Management
- Marquette University
- Massachusetts General Hospital
- McGill University (Canada)
- Medical College of Georgia
- Memphis State University
- Morehouse School of Medicine
- National Institute of Industrial Health (Japan)
- North Texas State University
- Ohio State University
- Pennsylvania State University
- Princeton University
- Purdue University
- Rollins College
- San Diego State University
- Seattle VA Hospital
- Southeastern Massachusetts University
- Southern Illinois University
- St. Joseph's College
- St. Mary's College
- Stanford Medical School
- Stanford University
- State University Colleges of New York at Brockport, Buffalo, and New Paltz
- Stockholm University (Sweden)
- Texas A & M University
- Universität Eppendorf (Germany)
- Universität Hamburg (Germany)
- University of Alberta (Canada)
- University of Arkansas
- University of California at Berkeley
- University of California at Irvine
- University of California at Los Angeles
- University of California at San Diego
- University of California at Santa Cruz
- University of Central Florida
- University of Chicago
- University of Cologne (Germany)
- University of Colorado
- University of Edinburgh (Scotland)
- University of Florida
- University of Georgia
- University of Gothenburg (Sweden)
- University of Groningen (The Netherlands)
- University of Hawaii
- University of Iowa College of Medicine
- University of Kansas
- University of Lund (Sweden)
- University of Maryland
- University of Massachusetts
- University of Michigan
- University of Michigan Medical School
- University of Minnesota
- University of Oklahoma
- University of Pennsylvania
- University of Pittsburg
- University of Quebec
- University of Southern California
- University of Sussex (England)
- University of Tennessee
- University of Texas at Austin
- University of Texas at El Paso
- University of Victoria (Canada)
- University of Virginia Medical Center
- University of Washington
- West Virginia University
- Western Kentucky University
- Yale Medical School
- York University (Canada)

Research Published in 160 Scientific Journals

THE EXTENSIVE SCIENTIFIC RESEARCH FINDINGS on the benefits of the Transcendental Meditation and TM-Sidhi programs, including Yogic Flying, have been published in 160 peer-reviewed scientific and scholarly journals and edited books in many different fields of study, in the U.S. and Canada, in Europe, and around the world, including:

- Academy of Management Journal
- Addictive Behaviors
- Alcoholism Treatment Quarterly
- American Journal of Cardiology
- American Journal of Managed Care
- American Journal of Physiology
- American Journal of Psychiatry
- American Psychologist
- Biochemical Archives
- Biofeedback and Self-Regulation
- British Journal of Educational Psychology
- British Journal of Psychology
- Bulletin of the Society of Psychologists in Addictive Behaviors
- Bulletin on Narcotics
- Business and Health
- Circulation
- Clinical and Experimental Pharmacology and Physiology
- Criminal Justice and Behavior
- Current Hypertension Reports
- Drug Forum
- Education
- Electroencephalography and Clinical Neurophysiology
- Ethnicity and Disease
- Experimental Neurology
- Hormones and Behavior
- Hospital and Community Psychiatry
- Hypertension
- International Journal of Comparative and Applied Criminal Justice
- Intelligence
- International Journal of Neuroscience
- International Journal of the Addictions
- Japanese Journal of Industrial Health
- Japanese Journal of Public Health
- Journal of Applied Physiology
- Journal of Behavioral Medicine
- Journal of Biomedicine
- Journal of Chronic Disease and Therapeutic Research
- Journal of Clinical Psychiatry
- Journal of Clinical Psychology
- Journal of Conflict Resolution
- Journal of Counseling and Development
- Journal of Counseling Psychology
- Journal of Crime and Justice
- Journal of Criminal Justice
- Journal of Health Promotion
- Journal of Human Stress
- Journal of Humanistic Psychology
- Journal of Inhalation Technology
- Journal of Mind and Behavior
- Journal of Moral Education
- Journal of Neural Transmission
- Journal of Personality and Individual Differences
- Journal of Personality and Social Psychology
- Journal of Personality Assessment
- Journal of Psychology
- Journal of Psychosomatic Research
- Journal of Social Behavior and Personality
- Journal of the American Society of Psychosomatic Dentistry and Medicine
- Journal of the Canadian Medical Association
- Kentucky Law Journal
- Lancet
- Memory and Cognition
- Neuroendocrinology Letters
- Perceptual and Motor Skills
- The Physiologist
- Physiology and Behavior
- Proceedings of the American Association of Cancer Research
- Psychological Reports
- Psychology, Crime, and Law
- Psychophysiology
- Psychosomatic Medicine
- Respiration
- Science
- Scientific American
- Sleep Research
- Social Indicators Research
- Social Science Perspectives Journal
- Stroke

About scientific journal publication

Publication of a scientific study means more than simply printing and distributing it. Most research journals are *refereed*. When a scientific research report is submitted to a scientific journal, the journal editor sends copies of it to a number of other scientists working in the same field. These “referees” read and judge every study submitted.

Their purpose: to prevent inaccurate or insufficiently demonstrated information from being published. Referees are especially concerned with research methodology — the scientific and statistical procedures used in the study. They want to make sure that the experiment has used the correct experimental design and mathematical analysis.

When a study makes a new or controversial point — such as the paradigm-breaking research on the Transcendental Meditation and TM-Sidhi programs, including Yogic Flying — referees read it much more critically than they do a study that is merely adding some detail to well-established principles.

Publication in a scientific journal thus signifies confirmation by a number of scientists that the research is sound.

Experiences of growing Cosmic Consciousness through the Transcendental Meditation program

“The experience of bliss consciousness has become more clear, intense, and stable not only during meditation but also during activity. Now I find that a soft but strong feeling of blissful evenness is present most of the time in both mind and body.

“Physically it is experienced as an extremely delightful liveliness throughout the body. This evenness is so deep and stable that it maintains its status even in the face of great activity. Even when faced with great problems, this blissful evenness of mind and body continues.

“Every day it grows stronger and more stable. The evenness cushions one against all possible disruptions and makes all activity easy and enjoyable.

“Every place is heaven when you feel that evenness. One is completely self-sufficient. Nothing can prevent one from having that fabulous inner mental and physical blissfulness.”⁹⁸

The Full Flowering of Enlightenment

THE WIDE RANGE OF STUDIES WE HAVE REVIEWED reveals what happens when people experience the fourth state of consciousness regularly through the Transcendental Meditation technique. We have begun to gain an objective picture of growing Cosmic Consciousness.

What about God Consciousness and Unity Consciousness? Like the other states, these have their own unique style of physiological functioning. Countless people have reported beautiful experiences of God Consciousness and Unity Consciousness through their Transcendental Meditation and TM-Sidhi practice. We can look forward to research findings that will emerge as experiences of these higher states become more stable and widespread. Even in the research we have reviewed, however, we find hints of growth toward these two culminating states — for example, sharper and clearer perception, improved perception of others, increased capacity for warm interpersonal relationships.

But even the studies on Transcendental Consciousness and growing Cosmic Consciousness open a new vista for humanity. Spiritual development, or enlightenment, the aspiration of the wise through the ages, has been demystified and brought into the realm of modern scientific investigation. This is the gift of Maharishi’s technologies of consciousness. Higher states of consciousness, Maharishi has made clear, involve specific, measurable changes in physiological functioning. And they produce benefits of the most practical kind, spanning the full range of life — mind, body, relationships, environment.

The benefits, furthermore, are *holistic*. Everything develops simultaneously and as a whole. When we develop our consciousness, everything else in our lives develops automatically.

That’s why scientists discover growth in every area they measure. Only from the deepest level of life could such a comprehensive and integrated range of benefits arise — only because the Δ and TM-Sidhi programs allow us to experience and enliven the deepest level of Nature, the Unified Field. When we water the root, the whole tree flourishes.

Now these benefits are available to everyone. Enlightenment is no longer the province of a few ascetics, withdrawn from the world. In a world changing so rapidly, enlightenment has become everyone’s vital need — and is everyone’s natural birthright.

These research studies begin to give us a picture of higher human development, far beyond anything imagined by modern psychology. We begin to see what life in accord with Natural Law looks like — full mental potential, perfect health, a fully developed personality, ideal relationships, world peace. We begin to see the bright picture of what our world can look like.

MAHARISHI ON THE PURPOSE OF LIFE

“Expansion of happiness”

“**E**xpansion of happiness is the purpose of life, and evolution is the process through which it is fulfilled. Life begins in a natural way, it evolves, and happiness expands. The expansion of happiness carries with it the expansion of intelligence, power, creativity, and everything that may be said to be of significance in life.

“The purpose of individual life is also the purpose of the life of the entire cosmos. The purpose of creation is expansion of happiness which is fulfilled through the process of cosmic evolution. The significance and purpose of individual life is the same as that of the life of the cosmos. The difference lies in the scale.

“The individual life is the basic unit of the life of the cosmos. Evolution of the cosmos is basically served by the evolution of the individual life. Thus, if the purpose of individual life is served, the purpose of cosmic life is also served spontaneously and simultaneously to that degree and on that scale.

“If one has fulfilled the purpose of his own life, he has done his best to serve the cosmic purpose.

“If one is not happy, one has lost the very purpose of life. If one is not constantly developing his intelligence, power, creativity, peace, and happiness, then he has lost the very purpose of life. Life is not meant to be lived in dullness, idleness, and suffering; these do not belong to the essential nature of life.

“Life is dynamic, not static. It is energetic, progressing, evolving, developing through activity, and multiplying itself. The nature and purpose of life is progress, evolution, activity, and improvement.”⁹⁹ — Maharishi

“The fulfillment of every religion”

“**H**ere is the fulfillment of every religion in the simple practice of Transcendental Meditation. This belongs to the spirit of every religion; it has existed in the early stages of every faith, it is something which has been lost. It has been lost in practice. Certainly no one can be held responsible for that. The responsibility for the loss of the spirit of religions lies with the eternity of time. But now is the time for revival.

“Fortunately this technique has come to light in the present generation. Let it be adopted by the peoples of all religions, and let them enjoy it while being proud of their faiths. Let the intelligent minds of all religions and the custodians of the various faiths delve into the deeper essence of their scriptures, find Transcendental Meditation in the textbooks of their own faiths, learn the practice, and adopt it in the light of the teachings of their religions.”¹⁰⁰

— Maharishi

ON YOGIC FLYING

“The ability to maintain silence in the midst of dynamic activity”



“Working in an operations environment supporting global markets, I find that the ability to maintain silence in the midst of dynamic activity and global market cut-offs is a critical skill that a manager needs. This skill I’ve mastered, and I attribute it to my practice of the Transcendental Meditation and TM-Sidhi programs.

“Resilience is another quality that continues to grow with my daily practice. Many of my colleagues have made such comments as, ‘I don’t know how you do it’ and ‘I don’t want your job’ due to the intensity level associated with my position.

“Most days I wear a genuine smile and stroll into the office with expanded bliss. Many nights, as I exit the office on the way to the parking lot, my energy level is almost the same as when I walked through the door in the morning. I immediately become aware of this and smile with a knowingness.

“Finally, my days are dotted with frequent coincidences — where I think of a colleague or client and begin to work on a deliverable or a request and immediately my phone rings and it’s the very person I need at that moment to provide the information I need to complete the task or receive the information I’ve prepared.”

— Jannette Gordon, Vice-President, Global Transaction Securities Services
Tampa, Florida



“Surfing the waves of consciousness is my favorite pastime. It’s exhilarating, astoundingly dynamic, and sublimely simple. You open yourself to the all-powerful creative energy of the universe, and with a simple, innocent intention your body takes a safe leap forward. It’s all so simple, profoundly innocent, yet dynamic and blissful.

“It’s astonishing that in large groups of Yogic Flyers we can feel the waves of bliss coming. For instance, in the Golden Domes we ride the waves of bliss and are again and again set down into the deepest stillness and silence. Up comes another wave to ride. It happens over and over again. What a gift.

“During the practice my senses are fully awake and enlivened. A breeze, a ray of sunshine beaming in on my skin, a tiny bell sounding in the huge Dome, a fragrance, a softness from my own shawl or the smoothness of a sheet — every sense is so enlivened.

“The experience carries over into activity. Life is so charming. I trust my intuition more than ever and pay attention to subtle impulses that have become part of my awareness through these enlivened senses.

“Yogic Flying is about unity. I experience my breath settling, face relaxing, a deep silence shared, and then I am aware of natural waves, rhythms, and a unity of spirit. The continuous waves of life’s pulse and nature’s beat are active. Silence is pervasive amidst dynamic activity. I count my blessings and am thankful to be a Yogic Flyer.”

— Karen Jordan, Collaborative Consultant Resource Teacher
Watertown, New York